

Professional Master's Degree Therapeutic Yoga

Endorsed by the NBA:





Professional Master's Degree Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/professional-master-degree/master-therapeutic-yoga

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Skills

p. 14

04

Course Management

p. 18

05

Structure and Content

p. 24

06

Methodology

p. 34

07

Certificate

p. 42

01

Introduction

In a modern society with hardly any time, yoga is living a golden age thanks to its wide-ranging health benefits. Physical ailments, weight reduction or bone strengthening can be improved in short sessions.

Beyond being a trend, this physical activity has been consolidated all over the world and has been included in recovery programs or athletes' preparation.

That is why this 100% online program was born, providing the professional in the world of sports, the most comprehensive knowledge in biomechanics, kinesitherapy or the latest developments in the planning of therapeutic yoga sessions. All this, also with a multimedia content that is at the academic forefront.





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Thanks to this Professional Master's Degree, you will be aware of the latest developments in Therapeutic Yoga and its application in high competition athletes"

Elite athletes such as Novak Djokovic, LeBron James or Robert Lewandowski practice yoga because of its physical benefits such as joint protection, improved flexibility or increased lung capacity. However, the reduction of pain or breathing control have a positive impact on people suffering from degenerative diseases such, scoliosis, knee malalignment, lumbago or sciatica.

Scientific research has supported the exercises of therapeutic yoga to achieve not only that the person stays in shape, but also to address certain physical and psychological pathologies. Given this reality, the professional in the world of sports cannot remain oblivious to the developments that are occurring in this field. That is why this Professional Master's Degree is taught by specialists with extensive experience who will show you the new trends in this method, the main concepts of biomechanics and its clinical application.

For this, the students will have multimedia teaching resources that will lead to delve into the application of asana techniques and their integration, planning and prescription of exercises according to the characteristics of the person and their ailments. Likewise, the case studies provided by the experts of this program will be very useful for their integration in their daily work.

In addition, the graduate will have at their disposal exclusive masterclasses of this program, taught by an international teacher with extensive experience in the specific instruction to yoga teachers. These lessons will review the main advances, techniques, exercise programs and developments in this discipline. All this with a practical approach and very useful for inclusion in the daily work.

In addition, this Professional Master's Degree in Sports Sciences features the participation of a renowned international teacher specialized in Therapeutic Yoga. Through exclusive masterclasses, students will have the opportunity to learn about the latest developments in topics such as the neurophysiological bases of meditative techniques, the application of asana techniques and their integration, and the most common pathologies treated in Therapeutic Yoga. All this will be taught by one of the most prominent figures in this field, which guarantees an enriching and quality learning experience for all professionals in the field of sports.

This **Professional Master's Degree in Therapeutic Yoga** contains the most complete and up-to-date program on the market. The most important features include:

- ◆ Case studies presented by Yoga experts
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



You have detailed videos and clinical cases so that you do not miss a beat in the latest techniques of Therapeutic Yoga applied in patients with low back problems"

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A university program with which you will be able to delve deeper into the biomechanics of standing asanas"

The program's teaching staff includes professionals in the field who contribute their work experience to this degree as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby professionals must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

This is a 100% online program designed for professionals who are looking for a university program that is compatible with their work responsibilities.

Garbiñe Muguruza, Pau Gasol or David Beckham include yoga in their daily practice. Incorporate the latest exercises into your programs for recovering athletes.



02 Objectives

Once the 12-month duration of this Professional Master's Degree in Therapeutic Yoga is completed, the professional will have updated their knowledge of this method and the important benefits it brings to both children and the elderly. In this way, you will be able to adequately adapt each session to the different pathologies that the athlete or the people for whom the activity is designed may present. During this process, you will have a specialized teaching team that will guide you to achieve these objectives.





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*In 12 months, you will be able to adapt your
Therapeutic Yoga sessions to patients with
functional and cognitive diversity”*



General Objectives

- ◆ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ◆ Create a Yoga program designed and based on scientific evidence
- ◆ Delve into the most appropriate asanas according to the characteristics of the person and their injuries
- ◆ Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



The benefits of Therapeutic Yoga make it suitable for pregnant women. Prepare your best sessions thanks to this qualification"





Specific Objectives

Module 1. Structure of the Locomotor System

- ◆ Delve into the anatomy and physiology of the skeletal, muscular and articular systems of the human body
- ◆ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ◆ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ◆ Delve into common injuries of the musculoskeletal system and how to prevent them

Module 2. Spine and Limbs

- ◆ Describe the muscular, nervous and skeletal system
- ◆ Delve into the anatomy and functions of the spine
- ◆ Delve into hip physiology
- ◆ Describe the morphology of upper and lower limbs
- ◆ Delve into the diaphragm and core

Module 3. Application of Asana Techniques and their Integration

- ◆ Delve into the philosophical and physiological contribution of the different asanas
- ◆ Identify the principles of minimal action: sthira, sukham and asanam
- ◆ Delve into the concept of standing asanas
- ◆ Describe the benefits and contraindications of stretching asanas
- ◆ Point out the benefits and contraindications of asanas in rotation and lateral bending
- ◆ Describe counter postures and when to use them
- ◆ Delve into the bandhas and their application in Therapeutic Yoga

Module 4. Analysis of the Main Standing Asanas

- ◆ Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- ◆ Identify the different variations of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ◆ Point out the main standing asanas, their variations and how to correctly apply biomechanics to maximize their benefits
- ◆ Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- ◆ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ◆ Identify the main prone position extensions and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the main twists and hip poses, and how to use biomechanics to perform them safely and effectively

Module 5. Breakdown of the Main Floor Asanas and Adaptations with Supports

- ◆ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ◆ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ◆ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ◆ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ◆ Explore the use of supports to adapt asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind

Module 6. Most Common Pathologies

- ◆ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injury
- ◆ Delve into degenerative diseases and how yoga practice can help in their management and symptom reduction
- ◆ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ◆ Identify scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ◆ Recognize knee malalignments and injuries and how to adapt the yoga practice to prevent them and improve recovery
- ◆ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ◆ Delve into wrist and shoulder pathologies and how to adapt yoga practice to prevent injury and reduce discomfort
- ◆ Delve into postural basics and how to apply biomechanics to improve posture and prevent injury
- ◆ Identify autoimmune diseases and how yoga practice can help in their management and symptom reduction

Module 7. Fascial System

- ◆ Delve into the history and concept of fascia, and its importance in yoga practice
- ◆ Delve into the different types of fascial mechanoreceptors and how to apply them in different styles of yoga
- ◆ Point out the need to apply the term fascia in yoga classes for a more effective and conscious practice
- ◆ Explore the origin and development of the term tensegrity, and its application in yoga practice

- ◆ Identify the different myofascial pathways and the specific postures for each of the chains
- ◆ Apply the biomechanics of fascia in yoga practice to improve mobility, strength and flexibility
- ◆ Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics

Module 8. Yoga in the Human Life Cycle

- ◆ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ◆ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ◆ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- ◆ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ◆ Learn how to create yoga sequences specific to the human life cycle and individual need
- ◆ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

Module 9. Respiratory Techniques

- ◆ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ◆ Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- ◆ Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology

- ◆ Delve into the concepts of the energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama
- ◆ Describe the different types of pranayama and how they affect the physiology of the body and mind
- ◆ Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- ◆ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and wellness

Module 10. Meditation and Relaxation Techniques

- ◆ Describe the neurophysiological basis of meditative and relaxation techniques in yoga practice
- ◆ Delve into the definition of mantra, its application and benefits in the practice of meditation
- ◆ Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ◆ Inquire about the different types of brain waves and how they occur in the brain during meditation
- ◆ Identify the different types of meditation and guided meditation techniques and how they are applied in yoga practice
- ◆ Delve into the concept of Mindfulness, its methods and differences with meditation
- ◆ Delve into Savasana, how to guide a relaxation, the different types and adaptations
- ◆ Identify the first steps in Yoga Nidra and its application in yoga practice

03 Skills

This Professional Master's Degree allows the professional to expand their skills for the development of Therapeutic Yoga sessions in Physical Activity and Sport, as well as enhance their skills to adequately plan each one of them. This will allow you to improve the application of postural and meditation techniques according to the characteristics of each person. For this purpose, students will be provided with clinical case simulations, which are a tremendously useful pedagogical tool.





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You have the chance to choose an educational option that will enhance your skills to adapt your yoga classes to people with disabilities”



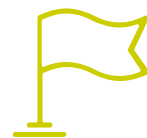
General Skills

- ◆ Apply Therapeutic Yoga from a clinical point of view in the care of patients
- ◆ Create specific programs for each patient according to their ailments and characteristics
- ◆ Encourage communication skills with patients
- ◆ Address the most common pathologies of the spine, joints and muscular system
- ◆ Perform relaxation techniques
- ◆ Apply the fundamentals of Therapeutic Yoga

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Enroll in a program that will allow you to incorporate asanas in recovery programs for elite athletes”





Specific Skills

- ◆ Improve patients' psychomotor coordination.
- ◆ Apply the benefits of Therapeutic Yoga to treatments
- ◆ Inform healthy patients about the most appropriate postural techniques to avoid diseases
- ◆ Apply yoga techniques according to the age of the patients
- ◆ Apply Therapeutic Yoga as a complementary tool to certain treatments
- ◆ Encourage the adequate practice of yoga techniques to prevent possible injuries

04

Course Management

TECH is committed to offering its students a quality education that is accessible to all. To this end, it rigorously selects the teachers who are part of each of its degrees. In this case, the professional will have at their disposal a management and teaching staff specialized in Therapeutic Yoga, with extensive experience in reference centers. Their extensive professional background and high qualifications are also reflected in the content of this 100% online program.



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A top level specialized teaching team in the field of Therapeutic Yoga will guide you through this 12-month learning process”

International Guest Director

As the **Director of Teachers and Head of Instructor Education** at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

Thus, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to **creating and directing yoga programs**, developing exercises and assessing the challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs a careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



Ms. Galliano, Dianne

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

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Thanks to TECH you will be able to learn with the best professionals in the world"

Management



Ms. Escalona García, Zoraida

- ◆ Vice-president of the Spanish Association of Therapeutic Yoga
- ◆ Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga)
- ◆ Therapeutic Yoga Trainer
- ◆ Degree in Biological Sciences from the Autonomous University of Madrid
- ◆ Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- ◆ Floor Pilates Instructor Course
- ◆ Phytotherapy and Nutrition Course
- ◆ Meditation Teaching Course

Professors

Ms. García, Mar

- ◆ Yoga Center Director and Yoga Instructor at Satnam Yoga
- ◆ Vinyasa Yoga Teacher
- ◆ Special Yoga Instructor
- ◆ Yoga Instructor for Children and Families

Ms. Salvador Crespo, Inmaculada

- ◆ Coordinator of the European Yoga Institute
- ◆ Yoga and Meditation Teacher at IEY
- ◆ Specialist in Integral Yoga and Meditation
- ◆ Specialist in Vinyasa Yoga and Power Yoga
- ◆ Specialist in Therapeutic Yoga

Mr. Ferrer, Ricardo

- ◆ Director of the European Yoga Institute
- ◆ Director of the Centro de Luz School
- ◆ Director of the National School of Evolutionary Reiki
- ◆ Hot Yoga Instructor at Centro de Luz
- ◆ Trainer of Power Yoga Instructors
- ◆ Trainer of Yoga Instructors
- ◆ Ashtanga Yoga and Progressive Yoga Trainer
- ◆ Chi Kung Instructor
- ◆ Body Intelligence Yoga Instructor
- ◆ SupYoga Instructor

Mr. Losada, Óscar

- ◆ Vinyasa Yoga and Power Yoga Teacher and Osteopath at El árbol de la vida center.
- ◆ Vinyasa Yoga Trainer and Yoga Coach at IEY in Madrid
- ◆ Yin Yog Trainer at IEY in Barcelona
- ◆ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness Madrid
- ◆ Osteopath and Sports Massage Therapist at Gimnasio Fitness Madrid
- ◆ Specialist in Rocket Yoga at IEY Huelva
- ◆ Specialist in Therapeutic Yoga, Yin Yoga and Fascias at IEY Huelva
- ◆ Specialist in Yoga for Children at IEY Alicante
- ◆ Structural Osteopath II at Kabat
- ◆ Sports Massage and Chiromassage at Orthos

Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor 2017 at IEY Sevilla
- ◆ Aerial Yoga Instructor 2017 in Seville
- ◆ Integral Yoga Instructor at IEY Sevilla
- ◆ Body Intelligence TM Yoga. Level at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ◆ Yoga Nidra, Therapeutic Yoga and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor at FEDA
- ◆ Floor Pilates Instructor with Equipment
- ◆ FEDA Advanced Technician in Fitness and Personal Training
- ◆ Spinning Start I Instructor at Federación Española de Spinning
- ◆ Power Dumbell Instructor at Aerobic and Fitness Association
- ◆ Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- ◆ Lymphatic Drainage Training at PRAXIS in Seville

05

Structure and Content

The curriculum of this program has been developed by a specialized teaching team that has developed a syllabus designed to provide the most comprehensive and up-to-date content on Therapeutic Yoga in Physical Activity and Sport. A program where, in addition to finding innovative pedagogical material, students will be able to advance in a much more natural way, thanks to the Relearning system. A methodology that reduces the long hours of study and that will allow the professional to delve quickly through the integration of yoga in patients with mental health problems, disability, obesity and the most used asanas today.





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The Relearning system used by TECH will allow you to reduce the long hours of study"

Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
 - 1.1.1. Basic anatomy and physiology of the human body
 - 1.1.2. Anatomic position
 - 1.1.3. Body axes
 - 1.1.4. Anatomical planes
- 1.2. Bone
 - 1.2.1. Bone anatomy of the human body
 - 1.2.2. Bone structure and function
 - 1.2.3. Different types of bones and their relationship to posture and movement
 - 1.2.4. The relationship between the skeletal system and the muscular system
- 1.3. Joints
 - 1.3.1. Anatomy and physiology of the joints of the human body
 - 1.3.2. Different Types of Joints
 - 1.3.3. The role of joints in posture and movement
 - 1.3.4. The most common joint injuries and how to prevent them
- 1.4. Cartilage
 - 1.4.1. Anatomy and physiology of the cartilage of the human body
 - 1.4.2. Different types of cartilage and their function in the body
 - 1.4.3. The role of cartilage in joints and mobility
 - 1.4.4. The most common cartilage injuries and their prevention
- 1.5. Tendons and Ligaments
 - 1.5.1. Anatomy and physiology of tendons and ligaments of the human body
 - 1.5.2. Different types of tendons and ligaments and their function in the body
 - 1.5.3. The role of tendons and ligaments in posture and movement.
 - 1.5.4. Most common tendon and ligament injuries and how to prevent them
- 1.6. Skeletal Muscle
 - 1.6.1. Anatomy and physiology of the musculoskeletal system of the human body
 - 1.6.2. The relationship between muscles and bones in posture and movement.
 - 1.6.3. The role of fascia in the musculoskeletal system and its relationship to the practice of therapeutic yoga
 - 1.6.4. The most common muscle injuries and how to prevent them
- 1.7. Development of the Musculoskeletal System
 - 1.7.1. Embryonic and fetal development of the musculoskeletal system
 - 1.7.2. Growth and development of the musculoskeletal system in childhood and adolescence.
 - 1.7.3. Musculoskeletal changes associated with aging
 - 1.7.4. Development and adaptation of the musculoskeletal system to physical activity and training
- 1.8. Components of the Musculoskeletal System
 - 1.8.1. Anatomy and physiology of skeletal muscles and their relationship to the practice of therapeutic yoga.
 - 1.8.2. The role of bones in the musculoskeletal system and their relationship to posture and movement.
 - 1.8.3. The function of the joints in the musculoskeletal system and how to take care of them during the practice of therapeutic yoga
 - 1.8.4. The role of fascia and other connective tissues in the musculoskeletal system and their relationship to the practice of therapeutic yoga
- 1.9. Nervous Control of Skeletal Muscles
 - 1.9.1. Anatomy and physiology of the nervous system and its relationship to the practice of therapeutic yoga
 - 1.9.2. The role of the nervous system in muscle contraction and movement control
 - 1.9.3. The relationship between the nervous system and the musculoskeletal system in posture and movement during the practice of therapeutic yoga
 - 1.9.4. The importance of neuromuscular control for injury prevention and performance enhancement during the practice of therapeutic yoga
- 1.10. Muscle Contraction
 - 1.10.1. Anatomy and physiology of muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.2. The different types of muscle contraction and their application during the practice of therapeutic yoga
 - 1.10.3. The role of neuromuscular activation in muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.4. The importance of stretching and muscle strengthening in injury prevention and performance enhancement during the practice of therapeutic yoga

Module 2. Spine and Limbs

- 2.1. The Muscular System
 - 2.1.1. Muscle: Functional unit
 - 2.1.2. Types of muscles
 - 2.1.3. Tonic and phasic muscles
 - 2.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 2.2. Nervous system
 - 2.2.1. Neurons: Functional unit
 - 2.2.2. Central Nervous System: Brain and Spinal Cord
 - 2.2.3. Somatic peripheral nervous system: Nerves
 - 2.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 2.3. Skeletal System
 - 2.3.1. Osteocyte: Functional unit
 - 2.3.2. Axial and appendicular skeleton
 - 2.3.3. Tendons
 - 2.3.4. Ligaments
- 2.4. Spine
 - 2.4.1. Evolution of the spine and functions
 - 2.4.2. Structure
 - 2.4.3. Vertebra type
 - 2.4.4. Spine movements
- 2.5. Cervical and Dorsal Region
 - 2.5.1. Cervical vertebrae: typical and atypical
 - 2.5.2. Dorsal vertebrae
 - 2.5.3. Major muscles of the cervical region
 - 2.5.4. Major muscles of the dorsal region
- 2.6. Lumbar Region
 - 2.6.1. Lumbar vertebrae
 - 2.6.2. Sacrum
 - 2.6.3. Coccyx
 - 2.6.4. Major muscles

- 2.7. Pelvis
 - 2.7.1. Anatomy: Difference between male and female pelvis
 - 2.7.2. Two key concepts: Anteversion and retroversion
 - 2.7.3. Major muscles
 - 2.7.4. Pelvic floor
- 2.8. Upper Limbs
 - 2.8.1. Shoulder joint
 - 2.8.2. Rotator cuff muscles
 - 2.8.3. Arm, elbow and forearm
 - 2.8.4. Major muscles
- 2.9. Lower Limbs
 - 2.9.1. Coxofemoral joint
 - 2.9.2. Knee: Tibiofemoral and patellofemoral joint
 - 2.9.3. Knee ligaments and meniscus
 - 2.9.4. Major muscles of the leg
- 2.10. Diaphragm and core
 - 2.10.1. Anatomy of the diaphragm
 - 2.10.2. Diaphragm and breathing
 - 2.10.3. Core muscles
 - 2.10.4. Core and its importance in Yoga

Module 3. Application of Asana Techniques and their Integration

- 3.1. Asana
 - 3.1.1. Definition of asana
 - 3.1.2. Asana in Yoga sutras
 - 3.1.3. Deeper purpose of asanas
 - 3.1.4. Asanas and alignment
- 3.2. Principle of minimum action
 - 3.2.1. Sthira Sukham Asanam
 - 3.2.2. How to apply this concept in practice?
 - 3.2.3. Theory of the gunas
 - 3.2.4. Influence of the gunas in practice

- 3.3. Standing asanas
 - 3.3.1. The importance of standing asanas
 - 3.3.2. How to practice them
 - 3.3.3. Benefits
 - 3.3.4. Contraindications and considerations
- 3.4. Sitting and supine asanas
 - 3.4.1. Importance of sitting asanas
 - 3.4.2. Sitting asanas for meditation
 - 3.4.3. Supine asanas: Definition
 - 3.4.4. Benefits of supine postures
- 3.5. Stretching asanas
 - 3.5.1. Why is stretching important?
 - 3.5.2. How to practice them safely
 - 3.5.3. Benefits
 - 3.5.4. Contraindications
- 3.6. Flexion asanas
 - 3.6.1. Importance of spinal flexion
 - 3.6.2. Implementation
 - 3.6.3. Benefits
 - 3.6.4. Most frequent errors and how to avoid them
- 3.7. Twisting asanas: Twists
 - 3.7.1. Mechanics of twisting
 - 3.7.2. How to perform them correctly
 - 3.7.3. Physiological benefits
 - 3.7.4. Contraindications
- 3.8. Asanas in lateral bending
 - 3.8.1. Importance
 - 3.8.2. Benefits
 - 3.8.3. Most common mistakes
 - 3.8.4. Contraindications



- 3.9. Importance of counterpostures
 - 3.9.1. What are they?
 - 3.9.2. When to perform them
 - 3.9.3. Benefits during practice
 - 3.9.4. Most commonly used counterpostures
- 3.10. Bandhas
 - 3.10.1. Definition
 - 3.10.2. Main bandhas
 - 3.10.3. When to use them
 - 3.10.4. Bandhas and therapeutic yoga

Module 4. Analysis of the Main Standing Asanas

- 4.1. Tadasana
- 4.2. Sun Salutation
- 4.3. Standing Asanas
- 4.4. Spinal Flexion Standing Asanas
- 4.5. Lateral Flexion Asanas
- 4.6. Balance Asanas
- 4.7. Prone Position Extensions
- 4.8. Extensions
- 4.9. Twists
- 4.10. Hips

Module 5. Breakdown of the Main Floor Asanas and Adaptations with Supports

- 5.1. Main Floor Asanas
- 5.2. Supine Push-ups
- 5.3. Twists and Lateral Bends
- 5.4. Closing Asanas
- 5.5. Inverted
- 5.6. Blocks
- 5.7. Belt
- 5.8. Asanas in Chair
- 5.9. Yoga in Chair
- 5.10. Restorative Asanas



Module 6. Most Common Pathologies

- 6.1. Spine Pathologies
 - 6.1.1. Protusions
 - 6.1.2. Hernias
 - 6.1.3. Hyperlordosis
 - 6.1.4. Rectifications
- 6.2. Degenerative Diseases
 - 6.2.1. Arthrosis
 - 6.2.2. Muscular dystrophy
 - 6.2.3. Osteoporosis
 - 6.2.4. Spondylosis
- 6.3. Lumbago and Sciatica
 - 6.3.1. Low back pain
 - 6.3.2. Sciatica
 - 6.3.3. Pyramidal syndrome
 - 6.3.4. Trochanteritis
- 6.4. Scoliosis
 - 6.4.1. Understanding scoliosis
 - 6.4.2. Types
 - 6.4.3. What to do
 - 6.4.4. Things to avoid
- 6.5. Knee malalignment
 - 6.5.1. Genu Valgum
 - 6.5.2. Genu Varum
 - 6.5.3. Genu Flexum
 - 6.5.4. Genu Recurvatum
- 6.6. Shoulder and Elbow
 - 6.6.1. Bursitis
 - 6.6.2. Subacromial syndrome
 - 6.6.3. Epicondylitis
 - 6.6.4. Golfer's elbow

- 6.7. Knees
 - 6.7.1. Patellofemoral pain
 - 6.7.2. Chondropathy
 - 6.7.3. Meniscus tears
 - 6.7.4. Goosefoot tendinitis
- 6.8. Wrists and Ankles
 - 6.8.1. Carpal tunnel
 - 6.8.2. Sprains
 - 6.8.3. Bunions
 - 6.8.4. Flat foot and cavus foot
- 6.9. Postural bases
 - 6.9.1. Different planes
 - 6.9.2. Plumb technique
 - 6.9.3. Upper crossed syndrome
 - 6.9.4. Lower crossed syndrome
- 6.10. Autoimmune Diseases
 - 6.10.1. Definition
 - 6.10.2. Lupus
 - 6.10.3. Crohn's disease
 - 6.10.4. Arthritis

Module 7. Fascial System

- 7.1. Fascia
 - 7.1.1. History
 - 7.1.2. Fascia vs. Aponeurosis
 - 7.1.3. Types
 - 7.1.4. Functions
- 7.2. Types of mechanoreceptors and their importance in the different styles of Yoga
 - 7.2.1. Importance
 - 7.2.2. Golgi
 - 7.2.3. Paccini
 - 7.2.4. Ruffini

- 7.3. Myofascial Chains
 - 7.3.1. Definition
 - 7.3.2. Importance in Yoga
 - 7.3.3. Concept of tensegrity
 - 7.3.4. The three diaphragms
- 7.4. SBL: Superficial Back Line
 - 7.4.1. Definition
 - 7.4.2. Anatomical pathways
 - 7.4.3. Passive postures
 - 7.4.4. Active postures
- 7.5. SFL: Superficial Front Line
 - 7.5.1. Definition
 - 7.5.2. Anatomical pathways
 - 7.5.3. Passive postures
 - 7.5.4. Active postures
- 7.6. LL: Lateral Line
 - 7.6.1. Definition
 - 7.6.2. Anatomical pathways
 - 7.6.3. Passive postures
 - 7.6.4. Active postures
- 7.7. SL: Spiral Line
 - 7.7.1. Definition
 - 7.7.2. Anatomical pathways
 - 7.7.3. Passive postures
 - 7.7.4. Active postures
- 7.8. Functional Lines
 - 7.8.1. Definition
 - 7.8.2. Anatomical pathways
 - 7.8.3. Passive postures
 - 7.8.4. Active postures

- 7.9. Arm Lines
 - 7.9.1. Definition
 - 7.9.2. Anatomical pathways
 - 7.9.3. Passive postures
 - 7.9.4. Active postures
- 7.10. Main Imbalances
 - 7.10.1. Ideal pattern
 - 7.10.2. Flexion and stretching group
 - 7.10.3. Opening and closing group
 - 7.10.4. Inspiratory and expiratory pattern

Module 8. Yoga in The Human Life Cycle

- 8.1. Childhood
 - 8.1.1. Why is it important?
 - 8.1.2. Benefits
 - 8.1.3. What is a class like?
 - 8.1.4. Example of adapted sun salutation
- 8.2. Women and Menstrual Cycle
 - 8.2.1. Menstrual phase
 - 8.2.2. Follicular phase
 - 8.2.3. Ovulatory phase
 - 8.2.4. Luteal phase
- 8.3. Yoga and Menstrual Cycle
 - 8.3.1. Follicular phase sequence
 - 8.3.2. Ovulatory phase sequence
 - 8.3.3. Luteal phase sequence
 - 8.3.4. Sequence during menstruation
- 8.4. Menopause
 - 8.4.1. General considerations
 - 8.4.2. Physical and hormonal changes
 - 8.4.3. Benefits of the practice
 - 8.4.4. Recommended asanas

- 8.5. Pregnancy
 - 8.5.1. Why practice it
 - 8.5.2. First quarter asanas
 - 8.5.3. Second quarter asanas
 - 8.5.4. Third quarter asanaa
- 8.6. Postpartum
 - 8.6.1. Physical benefits
 - 8.6.2. Mental benefits
 - 8.6.3. General recommendations
 - 8.6.4. Practice with the baby
- 8.7. Old Age
 - 8.7.1. Main pathologies that we will encounter
 - 8.7.2. Benefits
 - 8.7.3. General considerations
 - 8.7.4. Contraindications
- 8.8. Physical Disability
 - 8.8.1. Brain damage
 - 8.8.2. Spinal cord damage
 - 8.8.3. Muscle damage
 - 8.8.4. How to design a class
- 8.9. Sensory Disability
 - 8.9.1. Hearing
 - 8.9.2. Visual
 - 8.9.3. Sensory
 - 8.9.4. How to design a sequence
- 8.10. General considerations of the most frequent disabilities that we will encounter
 - 8.10.1. Down syndrome
 - 8.10.2. Autism
 - 8.10.3. Cerebral palsy
 - 8.10.4. Intellectual development disorder





Module 9. Respiratory Techniques

- 9.1. Pranayama
- 9.2. Types of breathing
- 9.3. Purification of the pranic energy conduits or nadis
- 9.4. Inhalation: Puraka
- 9.5. Exhalation: Rechaka
- 9.6. Retentions: Kumbakha
- 9.7. Purifying Pranayamas:
- 9.8. Stimulating and Refreshing Pranayamas
- 9.9. Regenerative Pranayamas
- 9.10. Mudras

Module 10. Meditation and Relaxation Techniques

- 10.1. Mantras
- 10.2. Internal aspects of Yoga
- 10.3. Meditation
- 10.4. Brain Waves
- 10.5. Types of meditation
- 10.6. Meditation techniques 1
- 10.7. Meditation techniques 2
- 10.8. Mindfulness
- 10.9. Relaxation/ Savasana
- 10.10. Yoga Nidra

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Improving the lung capacity of athletes thanks to the application of the latest techniques of Therapeutic Yoga”

06

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



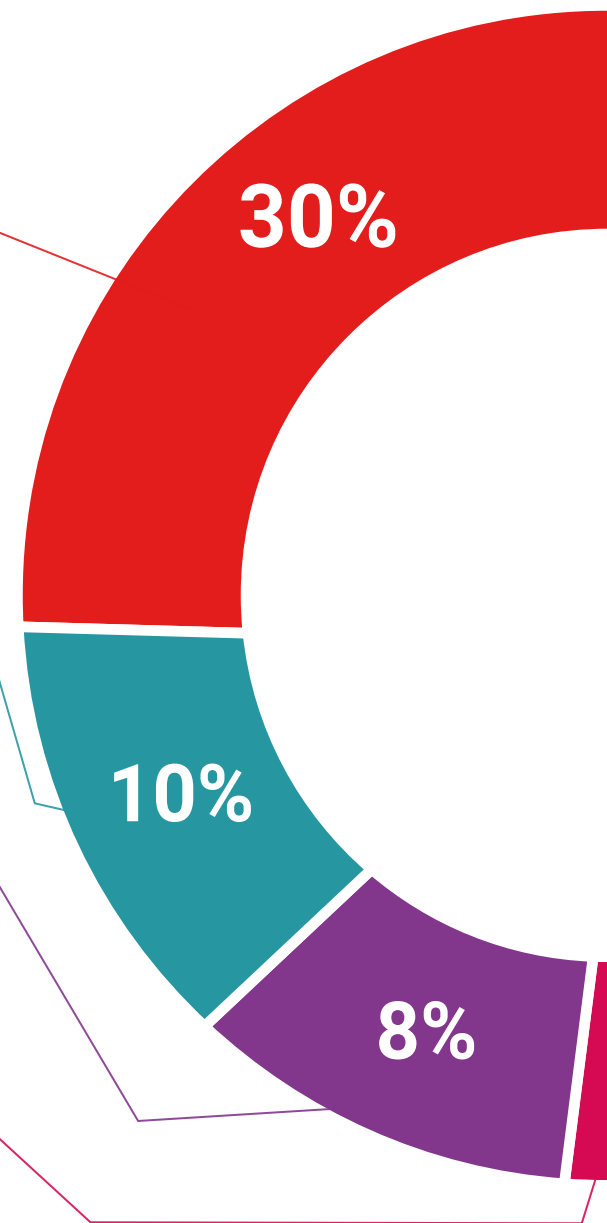
Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



07

Certificate

The Professional Master's Degree in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Global University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Professional Master's Degree diploma in Therapeutic Yoga** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Therapeutic Yoga**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development language
virtual classroom

tech global
university

Professional Master's Degree

Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Professional Master's Degree Therapeutic Yoga

Endorsed by the NBA:

