

Course Title: Yoga and Rehab 102

Course Description: Yoga has been commonly used for various health related conditions and Pranayama is typically practiced with Yoga and has if not more, but equal benefits. Pranayama is regarded as a science and is one of the main components of yoga forming the fourth limb in Ashtanga Yoga. Pranayama or yogic breathing has demonstrated numerous beneficial health effects. In a wider sense Pranayama strengthens the body and mind connection, but it has also proven to support multiple aspects of physical health, including lung function, vital capacity, resting respiratory rate, blood pressure and brain function. I am a Physical Therapist and a Certified Yoga instructor, and I wanted to introduce Pranayama or Yogic Breathing and Pulmonary Rehabilitation. In this CE we can focus on how we can implement different types of Pranayama with various respiratory conditions and explore their numerous therapeutic benefits.

Target Audience: OT/OTA, PT/PTA

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hour / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Riddhi Patel, PT, RYT 500

Learning Objectives:

Hour # 1

- ❖ Describe what is Pranayama
- ❖ List 5 benefits of Pranayama or Yogic Breathing

Hour #2

- ❖ Understand the application of Pranayama with Rehab
- ❖ List 3 simple Breathing exercises for warm up

Hour #3

- ❖ List 9 Yogendra Pranayama
- ❖ Summarize importance of Breathing correct
- ❖ Be familiar with contraindication for all Pranayama

Agenda:

Hour #1

- INTRODUCTION
- WHAT IS PRANAYAMA?
- WHY IS BREATH AWARENESS IMPORTANT?
- THE RESPIRATORY SYSTEM
- PULMONARY REHABILITATION

Hour #2

- BENEFITS OF PRANAYAMA
- PATHOPHYSIOLOGICAL CHANGES
- APPLICATION
- PRANAYAMA

Hour #3

- STUDIES
- WHY INTEGRATE PRANAYAMA WITH REHABILITATION
- SUMMARY

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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