June 2, 2019

Jeannine Bishop
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555-555-5555

John Doe, MD
Medical Director
Baptist MD Anderson Cancer Center
1301 Palm Ave.
Jacksonville, Florida 32207

Dear Dr. Doe,

I was provided an opportunity to teach the current yoga for cancer survivors class at your facility several times and, based on observations from those experiences, I want to present some elements that I believe would improve the quality of your program at Baptist MD Anderson Cancer Center. The current program is lead by compassionate professionals but I do believe the existing program is missing certain opportunities to better support your community, reduce side effects, improve agency and mitigate recurrence. My recommendations here are all based on robust research and I believe warrant a discussion with you and your team.

A few observations:

- **Chair yoga limits the benefits yoga can provide both physically and emotionally.** There are safe and effective ways to perform a more active yoga practice that will motivate patients and enable them to get a full benefit of yoga poses.

- **Facts motivate ultimately encouraging agency and self-care.** Cancer-specific yoga interventions for patient and survivors should encourage students to take an active role in the recovery and long-term health. Teachers should discuss the benefits of the yoga practice they are teaching.

- **More interventions per week are recommended.** Following the American Cancer Society's recommendation of 150-320 minutes of moderate exercise every week (depending on the obesity of a patient), it is recommended that participants are provided more opportunity to participate in a yoga intervention. This will help manage the risk of weight gain, which is a key indicator of recurrence.

The goal with this letter is to share my observations and provide the recent '*Yoga Interventions for Cancer Patients and Survivors*' White Paper. As professionals, we share a common goal to best support the cancer survivors in our community. It is my goal to share the research that motivates me and engage you how we can best meet the unique needs of cancer patients and survivors in our community of Jacksonville.

Please let me know when is a good time to discuss this material further.

Sincerely,

Jeannine Bishop, RYT, y4c



yoga4cancer Proposal

Prepared For:

Prepared By:

y4c TRAINED TEACHER

BENEFITS & RECOMMENDATIONS

How Yoga Can Help Cancer Patients and Survivors

Cancer and its treatments leave short- and long-term side effects that are both physically and emotionally challenging. Research suggests that yoga can help cancer survivors cope with common side effects and support individual health and well-being throughout treatment and beyond. Among its benefits, research studies have found that yoga:

- Increases strength and flexibility
- Improves balance and mobility
- Lowers blood sugar and cholesterol levels
- Supports healthy body weight
- Improves psychological well-being
- Lessens fatigue and improves sleep
- Reduces anxiety and stress
- Improve quality of life and enhances the immune system.

However, not all yoga classes or programs are suitable for the specific needs and challenges of a cancer survivor or patient. The following section identifies the key considerations for offering a safe and impactful yoga program for cancer patients and survivors.

> *Generic yoga classes do not typically address the medical side of yoga or the safety issues involved with cancer patients. Exercise is medicine. Motion is lotion - to lubricate joints for increased range of motion, to stimulate the immune system, boost bones, soothe the mind, and so much more, all so important in dealing with the effects of cancer treatment. I am so grateful for all of your work and research as it has enabled me to heal as a cancer patient, to combine my nursing with yoga, and to pay it forward by helping others.*
>
> **Cindy C.**
> RN, BSN, RYT, yoga4cancer Trained Teacher

ACHIEVE EXERCISE GUIDELINES

‘Gentle’ yoga is not enough.

Unlike historical views of physical activity during cancer treatments and recovery, being active is now a key focus of survivorship. According to the American Cancer Society, cancer survivors should engage in at least 150 minutes of moderate exercise per week, or up to 320 minutes for those who are obese. Despite these guidelines, many yoga programs for cancer patients and survivors focus solely on gentle or restorative yoga practices, thereby limiting the range of benefits available to the practitioner.

Although cancer survivors and the yoga professionals who work with them should be aware of fluctuations (e.g., in strength, mobility, breath capacity, pain thresholds, and energy levels) during and after treatment, movement is necessary to stimulate the cardiovascular and lymphatic systems that assist in recovery and in creating long-term stability. An active yoga practice is therefore both safe and recommended.

Additionally, any intervention or program should look to achieve the ACS recommendation of at least 150 minutes or 320 minutes per week depending on obesity levels. Therefore, it is recommended that any effective program offers at least 2 classes per week or encourage other exercise options.

TRAINING AND EDUCATION

Work with oncology-trained professionals.

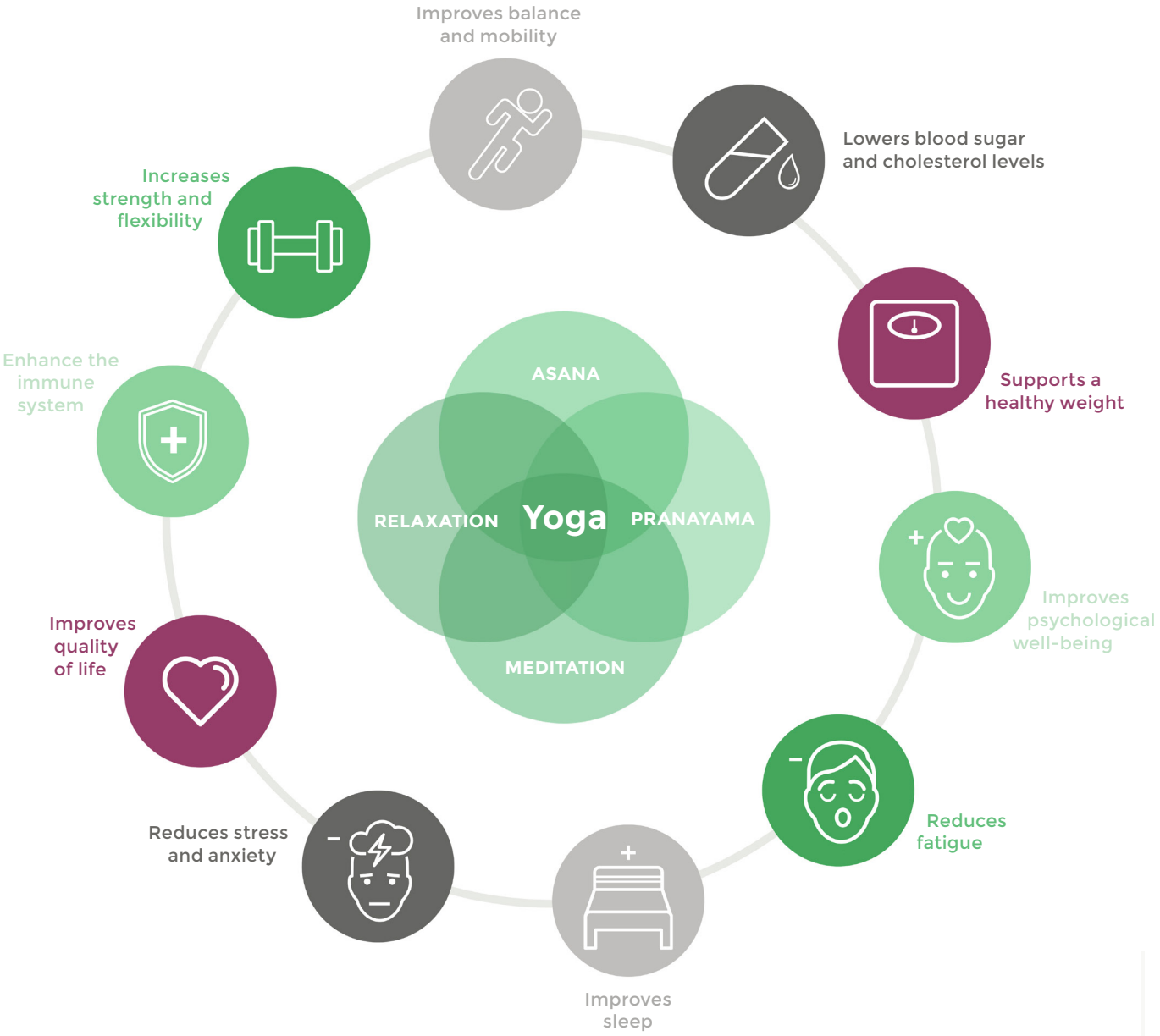
Yoga professionals vary widely in their level of training, specialist knowledge, and experience. According to Yoga Alliance, the professional and trade association for yoga teachers, only twenty hours of a yoga teachers initial 200-hour training includes education on anatomy and physiology. A standard yoga certification is focused on teaching the general population, not individuals with cancer. Specialized training in a oncology-based yoga program provides in depth information, research and supervised practice to ensure yoga teachers can safely and effectively work with cancer patients and survivors.

RISK MANAGEMENT

Yoga is not one-size-fits-all.

Everyone’s cancer, treatments, side effects and body are different. In order to ensure safety and reduce the risk of injury, yoga teachers who lead cancer-specific yoga classes should therefore:

- Be aware of the risks and contraindications associated with yoga for cancer patients and survivors
- Select poses and practices to support students’ particular needs and goals
- Offer modifications and variations to meet the individual and changing needs of students
- Create credible and authentic complementary support to treatment protocols.



As a yoga teacher and a survivor myself, I found cancer-specific yoga training extremely helpful regarding teaching cancer survivors. As a newly certified teacher on the 200 hour level, I developed a class plan based on what I thought would be best for this particular population. However, I never felt totally confident that I understood all of the nuances of teaching cancer survivors, nor did I feel like the hospital sponsoring this program knew either. With specialized training in yoga for cancer, I feel I know exactly how to teach this class, and exactly what I should stay away from when teaching survivors.

Jenn R.
yoga4cancer Trained Teacher

CLASS PROPOSAL

Requirements for Cancer-Specific Yoga Intervention

FORMAT OPTIONS

- ☐ Group Classes
- ☐ Individual sessions
- ☐ Group workshops
- ☐ Bedside or chair sessions

DURATION AND FREQUENCY

In order to maximize accessibility, engagement, and efficacy:

- At least two 60-75 minute yoga classes should be offered each week
- Classes should be offered on an ongoing basis and available year round

CLASS COMPONENTS

A class should include physical postures, breathing techniques, and mindfulness practices (e.g., meditation). All elements should focus on addressing common treatment side effects and symptoms, and should be adaptable for each individual's abilities, goals and emotional status.

PROPS

Yoga props should be readily available to support students engagement in physical activity, and to help them access the benefits of a yoga pose or practice without discomfort or fear.

Per student:

- 1 yoga mat
- 2 yoga blankets
- 4 yoga blocks
- 1 yoga bolster
- 1 yoga strap
- chairs, if/as required

SPACE AND LOCATION

Cancer-specific yoga classes should be held in self-contained, spacious, and temperature controlled environments. The space should also ensure hygiene, safety, and privacy. If space is limited, we recommend partnering with another facility to support yoga4cancer classes in the community.

CLASS SIZE

Safety and comfort is vital to the success of any program. We recommend a student to teacher ratio of 10:1, and trained assistant(s) to support additional students.

Cost Summary for yoga4cancer Class

Certificate of Completion

Your name here

successfully completed 45 credit hours of y4c (yoga4cancer) Teacher Training

Date here

Location here

tari prinster

Tari Prinster, E-RYT 200, Founder, yoga4cancer LLC

yoga4cancer

ABOUT

Organization Background

yoga4cancer

YOGA 4 CANCER ((y4c), LLC is a specialized yoga methodology developed by Tari Prinster, a cancer survivor, master yoga teacher, and author of Yoga for Cancer; A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors . yoga4cancer is tailored to address the physical and emotional needs left by cancer and its treatments. This unique approach is based on the growing literature on the benefits of yoga for cancer and other diseases. Over 2,300 certified teachers trained in the y4c methodology have learned about the biology and experience of cancer, common cancer treatments and side effects, and how to build upon established yoga practices to develop classes appropriate for cancer survivors. Today, yoga4cancer and their trained teachers are supporting thousands of cancer survivors worldwide.

The yoga4cancer Teacher Training is 45 hour an oncology-based yoga certification program, which equips teachers with the knowledge, skills, and resources to safely and effectively offer yoga-based practices to help cancer patients and survivors.

The comprehensive curriculum covers:

- The nature of cancer and its treatments
- Practices to help students cope with symptoms and address side effects (e.g., scar tissue, bone loss, lymphedema, weight gain, fatigue, sleeplessness, and stress)
- Clinical evidence on the therapeutic effects of yoga interventions
- Terminology and communication strategies for talking to cancer patients, survivors, and healthcare professionals with confidence, clarity, and compassion

TRP
The Retreat Project

THE RETREAT PROJECT (501c3), the non-profit partner of yoga4cancer, launched in August 2012, is dedicated to improving the lives of low-income or underserved cancer survivors through yoga and other modalities. The Retreat Project offers specialized yoga classes, grants, resources and scholarships to ensure access to the safe and effective yoga practice is available to all those that need it. Additionally, the Retreat Project is committed to funding research projects - like this white paper - to improve the quality of research and understanding of yoga for cancer survivors and patients.

theretreatproject.org