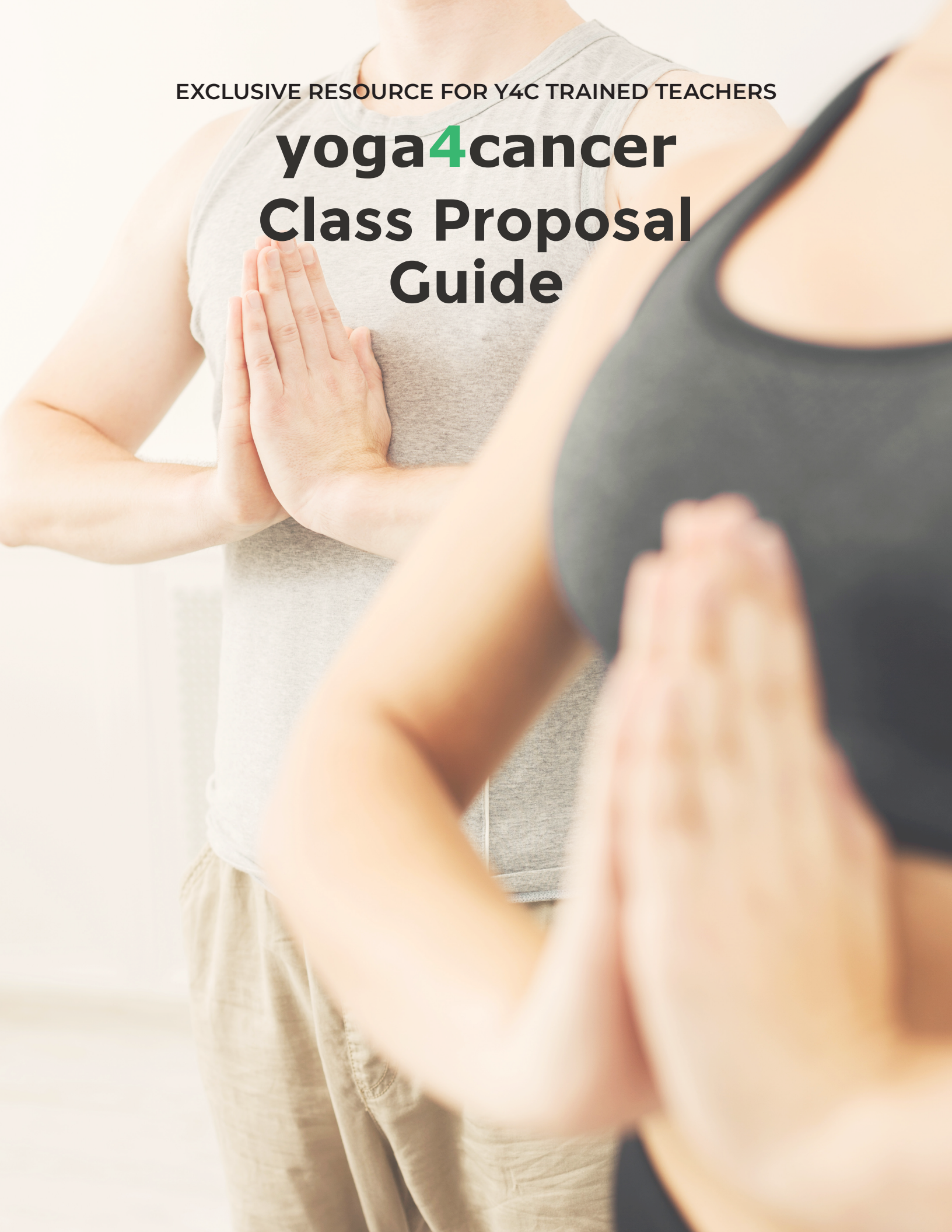
EXCLUSIVE RESOURCE FOR Y4C TRAINED TEACHERS

yoga4cancer Class Proposal Guide



Thank you for empowering cancer survivors with yoga.

Whether it's your first time bringing yoga4cancer to your community or you›ve been leading yoga4cancer classes for years, thank you for bringing us to your community! We appreciate your investment of time, resources, and energy.

This guide will provide you with everything you need to successfully pitch yoga4cancer to cancer organizations, hospitals and/or healthcare facilities, local yoga studios or fitness centers, and communication organizations.

Together, with your leadership, we can make yoga4cancer more accessible and help cancer survivors in our community live longer, healthier, and happier lives.

WITH GRATITUDE,

Tari Prinster

yoga4cancer



PROPOSAL GUIDELINES

How to Prepare A Class Proposal

1. CONSIDER YOUR TARGET AUDIENCE.

Get clear on who will you be sending your proposal to, and consider their key interests and concerns. Identify any obstacles and opportunities for partnership. For example, are they currently offering any similar programs?

2. PERSONALIZE YOUR PROPOSAL.

Tailor your proposal to demonstrate your knowledge of the recipient/organization, their goals, needs, and current strategies. Acknowledge and provide resolutions for any obstacles you may have identified. For example, if the organization lacks funding, provide a brief outline for how to raise startup funds.

3. FOLLOW UP ON YOUR PROPOSAL.

Not heard back from the proposal recipient? Check back in and ask if they have any specific questions. Include a copy of our white paper to support your proposal, or consider providing them with a copy of Tari's book, *Yoga for Cancer*. Inquire into offering an introductory class to key decision-makers to provide them with an experiential understanding of the program, its benefits, and your skills.

4. SHARE YOUR SUCCESSES.

Share your successes (or challenges) with the yoga4cancer Community. This work isn't easy but it's worthwhile. And the more we share with each other the better our results and experience will be. And thus ultimately more cancer survivors we can help.

Your proposal should include:

- A cover letter
- A summary of benefits & recommendations
- A proposal
- A budget

Samples of the above elements are included in this guide.



SAMPLE COVER LETTER

yoga4cancer Class Proposal

Prepared For:

BAPTIST MD ANDERSON CANCER CENTER

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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 range of motion and flexibility
- Reduces anxiety, depression and stress
- Reduces fatigue and improves quality of life
- Supports the lymphatic system and reduces lymphedema risks & symptoms
- Helps pain management
- Improves bone health

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

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.

Altough 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.

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 is therefore necessary to ensure yoga teachers can safely and effectively work with cancer patients and survivors.

yoga4cancer Teacher Training

The yoga4cancer Teacher Training is 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
- Teminology and communication strategies for talking to cancer patients, survivors, and healthcare professionals with confidence, clarity, and compassion

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



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

SAMPLE CLASS PROPOSAL

Requirements for Cancer-Specific Yoga Intervention

FORMAT

☑ Group classes ☐ Individual sessions ☐ Group workshops

DURATION

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 engagagement in physical activity, and to help them access the benefits of a yoga pose or practice without discomfort or fear. We recommend, 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.

SAMPLE BUDGET

Cost Summary for Yoga4Cancer Class

The folllowing budget summarizes the costs associated with the first year of yoga4cancer classes. All costs are projected, based on a class of 12 students, and assume there are no existing props available.

EXPENSE	DESCRIPTION	1 CLASS	2 CLASSES
Yoga props	Includes: 1 yoga mat, 2 blankets, 4 blocks, 1 bolster, and 1 strap	$1,200.00	$1,200.00
Teacher salary	$60 per hour for 52 weeks	$3,120.00	$6,240.00
Space rental	*If required*		
Online registration	*If required*		
Marketing collateral	*If required*		
	TOTAL EXPENSES:	**$4,320.00**	**$7,440.00**

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.

y4c.com

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