

DRAFT**yoga4cancer Certificate Program
2024 Curriculum**

Module	Topic	Type of Learning	2024		
2 hours	Program Orientation	Reading, Quiz, Writing Assignment	January 1-14, 2024 January 16th		
	Welcome Webinar	Live Webinar with Tari and Mentors			
Module #1: The Foundation					
8 hours	The Case for Oncology Yoga	Reading	Weeks 1 - 2		
	Exercise Oncology and Oncology Yoga	Reading and Audio			
	Our Approach - Developing Critical Thinking!	Reading			
	The ABCs of the yoga4cancer Methodology	Video			
	Fears and Concerns	Writing Assignment			
	Myth Busting	Quiz			
	Language in Oncology Yoga	Reading, Audio			
	Using Metaphor	Writing and Reading			
	Preparing for a yoga4cancer Class	Video			
	yoga4cancer On Demand Practice	On Demand Practice			
	Module #1 Worksheet	Writing Assignment			
Module #1 Quiz	Quiz				
yoga4cancer Practice	Live Practice				
Module #2: Physical and Emotional State of a Cancer Survivor					
12 hours	Program Check-in	Live discussion with Tari and Mentors	Weeks 3 - 5		
	Cancer Basics: What is it? What are the Causes?	Reading and Video			
	The Human Body Systems and Immunity	Video			
	Immune System and Cancer Basics- Quiz	Quiz			
	Cancer Treatments	Video			
	Common Side Effects	Writing Assignment			
	yoga4cancer Practice	Live Practice			
	Module #2 Worksheet	Writing Assignment			
	Module #2 Quiz	Quiz			
	Module #3: The Science of Yoga				
	16 hours	Program Check-in		Live discussion with Tari and Mentors	Weeks 6 - 8
The Science of Yoga		Video			
Demonstration: The 5 Fundamental Principles of Yoga		Video			
Science of Yoga- Quiz		Quiz			
Guidelines for Reading Research		Reading			
Yoga Benefits: Inflammatory Markers		Reading			
Guidelines for Reading Research Quiz		Quiz			
Yoga Benefits: Bones and Lymph		Reading and Video			
Yoga Benefits: Mindfulness and Cancer		Video and On Demand Practice			
Cancer Related Trauma		Video and Writing Assignment			
Managing Potential Yoga Risks		Writing Assignment			
yoga4cancer Practice		Live Practice			
Module #3 Worksheet		Writing Assignment			
Module #3 Quiz	Quiz				
Preparing for your Teaching Practicum	Writing Assignment				
Module #4: the y4c Methodology					
14 hours	Program Check-in	Live discussion with Tari and Mentors	Weeks 9 - 11		
	Defining the y4c Methodology Quiz	Reading and Quiz			
	Warm-up Vinyasa	Video and Writing Assignment			
	Block Test	Reading and Video			
	yoga4cancer Practice	Live Practice			
	yoga4cancer Poses	Video Demonstrations			
	- Modified Sun Salutations, Standing Poses, Balancing Poses, Dynamic Poses, Restorative Poses				
	Poses and Sequences Webinar	Live Webinar with Tari and Mentors			
	Module #4 Quiz	Quiz			
Module #5: Preparing to Teach					
10 hours	Turning Compassion into Empathy	Reading	Weeks 12-14		
	Class as a Survivor - Preparing	Video			
	Class as a Survivor - Class	Physical Practice and Writing Assignment			
	Module #5 Worksheet	Writing Assignment			
	Teaching Practicum Assignment	Practice Teaching and Worksheet			
	Practice Teaching Webinar	Live Webinar with Tari and Mentors			
	Sample Practicums and Mentor Feedback	Reading and Video			
Practicum Reflections and Revisions	Writing Assignment				
Module #6: Practical Application					
14 hours	Your Teaching Sequence	Writing Assignment	Weeks 15 - 17- Practicum and assignments in red due on May 1st		
	Submit your Teaching Practicum Video	Video submission			
	Practicum Self-Assessment	Writing Assignment			
	Connect with your Mentor	Discussion			
	Revisit: Side Effects Worksheet	Writing Assignment			
	Fast Facts- the y4c Intake	Reading Assignment			
	yoga4cancer Practice	Live Practice			
	Applications of Oncology Yoga	Reading Assignment			
	Case Study: Bryan, a Leukemia Patient	Reading and Writing Assignment			
	yoga4cancer Practice	Live Practice			
	Webinar: Are You Ready?	Live Webinar with Tari and the Mentors			
Advice for the Hard Question	Reading				
Module #7: Getting Started					
4 hours	yoga4cancer Practice	Live Practice	Weeks 22 - 24		
	Applying your Oncology Certification	Reading and Video			
	Applying your Oncology Certification- Worksheet	Writing Assignment			
	Final Assignment	Writing Assignment			
	Program Survey	Writing Assignment			
	Getting Started	Provided tools and staying connected			
	Closing Webinar	Congrats from Tari and Mentors			
	Program Ends	Deadline for completion			

total hours: 80/75 CEU
total weeks: 26/24