

## 75 Hour Certificate Program 2024 Curriculum

| Module  | Topic   | Type of Learning  | 2024  |
|---|---|---|---|
| 2 hours   | Program Orientation<br>Welcome Webinar  | Reading, Quiz, Writing Assignment<br>Live Webinar with Tari and Mentors | Launching January 3rd<br>January 16th   |
| <b>Module #1: The Foundation</b>                                    |   |   |   |
| 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   |   |   |
| <b>Module #2: Physical and Emotional State of a Cancer Survivor</b> |   |   |   |
| 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  |   |
|   | <b>Module #3: The Science of Yoga</b>   |   |   |
| 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  |   |   |
| <b>Module #4: the y4c Methodology</b>                               |   |   |   |
| 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  |   |
| <b>Module #5: Preparing to Teach</b>                                |   |   |   |
| 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  |   |
| <b>Module #6: Practical Application</b>                             |   |   |   |
| 14 hours  | Your Teaching Sequence  | Writing Assignment  | Weeks 15 - 17- Practicum and assignments in red due on <b>May 1st</b>                         |
|   | Submit your Teaching Practicum Video  | Video submission  |   |
|   | Practicum Self-Assessment   | Writing Assignment  |   |
|   | Connect with your Mentor  | Discussion  | Weeks 18 - 21: Program Recess. Reduced workload per week. Schedule feedback with your Mentor. |
|   | 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   |   |   |
| <b>Module #7: Getting Started</b>                                   |   |   |   |
| 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