

75 Hour Certificate Program

Module	Topic	rriculum Type of Learning	2024
2 hours	Program Orientation	Reading, Quiz, Writing Assignment	Launching January 3r
ule #1: The Foundation	Welcome Webinar	Live Webinar with Tari and Mentors	January 16th
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 Language in Oncology Yoga	Quiz 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 Emotional State of a Cancer Survivor	Live Practice	
iule #2. Filysical aliu i	Program Check-in	Live discussion with Tari and Mentors	
12 hours	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	Weeks 3 - 5
	Cancer Treatments	Video	
	Common Side Effects	Writing Assignment	
	yoga4cancer Practice Module #2 Worksheet	Live Practice Writing Assignment	
	Module #2 Quiz	Quiz	
ule #3: The Science o	f Yoga		
	Program Check-in	Live discussion with Tari and Mentors	
	The Science of Yoga	Video	
	Demonstration: The 5 Fundamental Principles of Yoga		_
	Science of Yoga- Quiz Guidelines for Reading Research	Quiz Reading	
	Yoga Benefits: Inflammatory Markers	Reading	
	Guidelines for Reading Research Quiz	Quiz	Weeks 6 - 8
16 hours	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 yoga4cancer Practice	Writing Assignment Live Practice	
	Module #3 Worksheet	Writing Assignment	
	Module #3 Worksheet Module #3 Quiz Preparing for your Teaching Practicum		
dule #4: the y4c Metho	Module #3 Worksheet Module #3 Quiz Preparing for your Teaching Practicum dology	Writing Assignment Quiz Writing Assignment	
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total hours: 80/75 CEU total weeks: 26/24