

yoga4cancer™
75 HOUR CERTIFICATE PROGRAM
 SAMPLE CURRICULUM

Module	Topic	Type of Learning
	Program Orientation	Reading, Quiz, Writing Assignment
	Welcome Webinar	Live Webinar with Tari and Mentors
Module #1:	The Foundation	
	The Case for Oncology Yoga	Reading
	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	Reading, Audio
	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	
	Program Check-in	Live discussion with Tari and Mentors
	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	
	Program Check-in	Live discussion with Tari and Mentors
	The Science of Yoga	Video
	Demonstration: The 5 Fundamental Principles of Yoga	Video
	Science of Yoga- Quiz	Quiz
	Guidelines for Reading Research	Reading
	Guidelines for Reading Research Quiz	Quiz
	Yoga Interventions for Cancer Patients & Survivors - the White Paper	Reading and Writing Assignment
	Yoga Benefits: Inflammatory Markers	Reading
	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
	Myth Busting	Reading, Audio

Module #3:	The Science of Yoga	
	Language in Oncology Yoga	Reading, Audio
	Using Metaphor	Writing and Reading
	Preparing for a yoga4cancer Class	Video
Module #4:	the y4c Methodology	
	Program Check-in	Live discussion with Tari and Mentors
	Defining the y4c Methodology Quiz	Reading and Quiz
	Warm-up Vinyasa	Video and Writing Assignment
	Block Test	Reading and Video
	yoga4cancer Poses & Sequences -Modified Sun Salutations -Standing Poses -Balancing Poses -Dynamic Poses -Restorative Poses	Video Demonstrations and Assignments
	Poses and Sequences Webinar	Live Webinar with Tari and Mentors
	yoga4cancer Practice	Live Practice
	Module #4 Quiz	Quiz
Module #5:	Preparing to Teach	
	Turning Compassion into Empathy	Reading
	Class as a Survivor - Preparing	Video
	Class as a Survivor - Class	Physical Practice and Writing Assignment
	Module #5 Worksheet	Writing Assignment
	Addressing Cancer Side Effects with Yoga Interventions	Demonstrations & 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	
	Your Teaching Sequence	Writing Assignment
	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
	Oncology Yoga's Scope of Practice	Reading and Writing 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	
	yoga4cancer Practice	Live Practice
	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