

yoga4cancer™
75 HOUR CERTIFICATE PROGRAM
SAMPLE CURRICULUM

Module	Topic	Type of Learning	Hours
	Program Orientation	Video, Reading, Quiz, Writing Assignment	2
Module #1:	The Foundation of Oncology Yoga		
	The Case for Oncology Yoga	Reading	8
	Exercise Oncology and Oncology Yoga	Reading and Audio	
	Download the Manual	Reading	
	The ABCs of the yoga4cancer Methodology	Video	
	Fears and Concerns	Writing Assignment	
	Navigating Personal Experience in Professional Practice	Reading & Writing Assignment	
	Myth Busting	Quiz	
	Language in Oncology Yoga	Reading and Audio	
	Using Metaphor	Reading & Writing Assignment	
	Module #1 Worksheet	Writing Assignment	
	Preparing for a yoga4cancer Class	Video	
	How to sit properly	Video	
	yoga4cancer Practice	On Demand Practice	
	Module #1 Quiz	Quiz	
Module #2:	Physical and Emotional State of a Cancer Survivor		
	Cancer Basics: What is it? What are the Causes?	Reading and Video	12
	The Human Body Systems and Immunity	Video	
	Immune System and Cancer Basics- Quiz	Quiz	
	Cancer Treatments	Video	
	Common Side Effects	Writing Assignment	
	Module #2 Worksheet	Writing Assignment	
	yoga4cancer Practice	On Demand Practice	
	Module #2 Quiz	Quiz	
Module #3:	The Science of Yoga		
	The Science of Yoga	Video	12
	Demonstration: The 5 Fundamental Principles of Yoga	Video	
	Science of Yoga - Quiz	Quiz	
	Guidelines for Reading Research	Reading & Quiz	
	'Yoga Interventions for Cancer Patients and Survivors' – The White Paper	Reading	
	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	
	Module #3 Worksheet	Writing Assignment	
	yoga4cancer Practice	On Demand Practice	
	Module #3 Quiz	Quiz	
	Preparing for your Teaching Practicum	Writing Assignment	
Module #4:	the yoga4cancer Methodology		
	Defining the y4c Methodology Quiz	Reading and Quiz	
	Warm-up Vinyasa	Video and Writing Assignment	
	Matching Breath and Movement	Video	
	The Loop	Video	
	Block Test	Reading and Video	

	yoga4cancer Poses - Modified Sun Salutations, Standing Poses, Balancing Poses, Dynamic Poses, Restorative Poses	Video Demonstrations	14
	Lymphahtic Brushing	Video Demonstrations	
	Prayanama	Video Demonstrations	
	Meditations	Video Demonstrations	
	Using a Chair in Oncology Yoga	Video Demonstrations	
	yoga4cancer Practice	On Demand Practice	
	Module #4 Quiz	Quiz	
Module #5:	Preparing to Teach Oncology Yoga		
	Vinyasa Sequence Scripting	Worksheet	
	Teaching the Loop	Video & Assignment	
	Teaching Dissolving Body Awareness	Video & Assignment	
	Transitions - Supporting Your Students	Video & Assignment	
	Making Poses Dynamic	Video & Assignment	
	Turning Compassion into Empathy	Reading	9
	Class as a Survivor - Preparing	Video	
	Class as a Survivor - Class	Video & Assignment	
	Addressing Cancer Side Effects with Yoga Interventions	Video & Assignment	
	Module #5 Worksheet	Writing Assignment	
Module #6:	Developing Your Teaching Practicum		
	Teaching Practicum Assignment	Practice Teaching and Worksheet	
	Preparing Your Practicum - Part 1	Video & Assignment	
	Preparing Your Practicum - Part 2	Video & Assignment	
	Preparing Your Practicum - Part 3	Video & Assignment	
	Your Teaching Sequence	Writing Assignment and Practice	10
	Sample Practicums and Mentor Feedback	Reading and Video	
	Practicum Reflections and Revisions	Writing Assignment	
	Video Production Guidance	Reading Assignment	
	How do we evaluate your practicum?	Reading Assignment	
	Submit your Teaching Practicum Video	Video submission	
	Practicum Self-Assessment	Writing Assignment	
	Individual Mentor Discussion	<i>Live Discussion with Mentor</i>	
Module #7:	Practical Application of Oncology Yoga		
	Scope of Practice	Writing Assignment	
	Revisit: Side Effects Worksheet	Writing Assignment	
	Fast Facts- the y4c Intake	Reading Assignment	
	yoga4cancer Practice	Live Practice	4
	Applications of Oncology Yoga	Reading Assignment	
	Case Study: Bryan, a Leukemia Patient	Reading and Writing Assignment	
	yoga4cancer Practice	On Demand Practice	
	Are You Ready?	Video & Assignment	
	Advice for the Hard Question	Reading	
Module #8:	Getting Started		
	Practicum Approval Confirmation	On Demand Practice	
	Applying your Oncology Certification	Reading and Video	
	Applying your Oncology Certification- Worksheet	Writing Assignment	4
	Final Assignment	Writing Assignment	
	Program Survey	Writing Assignment	
	Resources for Certified Teachers	Provided tools and staying connected	
	Closing	Video	