



Sample Event Schedule

Event Schedule	Time (EST)	Type	Theme
Tuesday, October 7, 2025	11:00 AM	Exclusive Class	Full Class with Tari Prinster
Tuesday, November 4, 2025	5:00 PM	Webinar	Scope, Safety, and Separation: Upholding Professional Standards in Oncology Yoga
Tuesday, December 2, 2025	3:00 PM	Exclusive Class	Oncology Yoga Class Using A Chair
Tuesday, January 6, 2026	7:00 PM	Webinar	The Breath-Lymph Connection: Tools for Supporting Cancer Recovery
Tuesday, February 3, 2026	11:00 AM	Exclusive Class	Reducing Cancer Related Fatigue
Tuesday, March 3, 2026	5:00 PM	Webinar	Safety First: Managing Yoga Risks in the Cancer Community
Tuesday, April 7, 2026	3:00 PM	Exclusive Class	Dynamic Poses
Tuesday, May 5, 2026	7:00 PM	Webinar	Lessons from the Mat: Oncology Yoga Teacher Case Studies
Tuesday, June 2, 2026	11:00 AM	Exclusive Class	Managing Lymphedema Symptoms or Side Effects
Tuesday, July 7, 2026	5:00 PM	Webinar	The Power of Pause: Using Transitions and Restoratives in Oncology Yoga
Monday, August 3, 2026	3:00 PM	Exclusive Class	Building Strength in Bones and Muscles
Friday, September 4, 2026	7:00 PM	Webinar	Setting Up for Success: Intake and Logistics for Oncology Yoga

Notes:

- Events will be recorded and available on replay.
- All events are subject to change.
- A general Q&A will be included in all sessions.
- Events are 1 hour in length unless specifically noted.