

# yoga4cancer™

## 75 Hour Certificate Program

Module	Topic	Type of Learning	Hours		
Program Orientation					
	Program Orientation		2 hours		
Module #1: The Foundation of Oncology Yoga					
	The Case for Oncology Yoga	Reading	8 hours		
	Exercise Oncology and Oncology Yoga	Reading and Audio			
	Why Oncology Yoga Cannot Be Codified	Reading			
	Developing Critical Thinking	Reading			
	Download the Manual	Reading			
	The ABCs of the yoga4cancer Methodology	Video			
	Fears and Concerns	Writing Assignment			
	Navigating Personal Experience in Professional Practice	Reading			
	Myth Busting	Quiz			
	Language in Oncology Yoga	Reading and Audio			
	Using Metaphor	Writing and Reading			
	Embody the Practices	Reading			
	Module #1 Worksheet	Writing Assignment			
	Propasna and Sitting Well	Video and Reading			
yoga4cancer Practice	Practice & Assignment				
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	10 hours		
	The Human Body Systems and Immunity	Video			
	Immune System and Cancer Basics- Quiz	Quiz			
	Cancer Treatments	Video			
	Common Side Effects	Writing Assignment			
	Understanding Metastatic Cancer	Writing Assignment			
	Module #2 Worksheet	Writing Assignment			
	yoga4cancer Practice	Practice & Assignment			
	Module #2 Quiz	Quiz			
Module #3: The Science of Yoga					
	The Science of Yoga	Video	12 hours		
	The Breath: Our Power Tool	Video and Reading			
	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 & Writing Assignments			
	Yoga Benefits: Bones and Lymph	Reading and Video			
	Yoga Benefits: Mindfulness and Cancer	Video, Audio and Reading Assignments			
	Cancer Related Trauma	Video and Writing Assignment			
	Managing Potential Yoga Risks	Writing Assignment			
	Module #3 Worksheet	Writing Assignment			
	yoga4cancer Practice	Practice & Assignment			
	Module #3 Quiz	Quiz			
Module #4: the yoga4cancer Methodology					
	Applying the Koshas and Niyamas in Oncology Yoga	Reading and Quiz	13 hours		
	Defining the y4c Methodology Quiz	Reading and Quiz			
	Matching Breath and Movement	Reading & Video			
	Meditations	Reading			
	Vinyasa and the Warm-Up	Video and Writing Assignment			
	The Loop	Video			
	The Block Test	Video			
	yoga4cancer Poses - Modified Sun Saluations, Standing Poses, Balancing Poses, Dynamic Poses, Restorative Poses	Video Demonstrations			
	Lympahtic Brushing	Reading & Demonstration			
	Using a Chair in Oncology Yoga	Video and Reading			
	yoga4cancer Practice	Practice & Assignment			
	Module #4 Quiz	Quiz			
	Module #5: Preparing to Teach Oncology Yoga				
		Teaching the Loop		Video & Assignment	12 hours

	Teaching the Breath	Reading and Video	
	Teaching the Block Test	Reading and Video	
	The Connecting Vinyasa: how to transition	Video and Assignment	
	Making Poses Dynamic	Video and Assignment	
	Vinyasa Sequence Planning	Worksheet	
	Teaching Dissolving Body Awareness	Video & Assignment	
	Turning Compassion into Empathy	Reading	
	Class as a Survivor	Video, Practice & Assignment	
	Module #5 Worksheet	Writing Assignment	
	Addressing Cancer Side Effects with Yoga Interventions	Video and Worksheet	
	Module #5 Quiz	Quiz	
Module #6: Developing Your Teaching Practicum			
	Teaching Practicum Assignment	Practice Teaching and Worksheet	10 hours
	Preparing Your Practicum - Part 1	Video & Assignment	
	Preparing Your Practicum - Part 2	Video & Assignment	
	Preparing Your Practicum - Part 3	Video & Assignment	
	Preparing Your Practicum - Part 4	Video & Assignment	
	Your Teaching Sequence	Writing Assignment and Practice	
	Logistics for your practicum	Reading	
	Practice Your Sequence	Practice	
	Sample Practicums and Mentor Feedback	Reading and Video	
	Practicum Reflections and Revisions	Writing Assignment	
	Guidance on videoing your practicum	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	Live Discussion	
Module #7: Practical Application of Oncology Yoga			
	Scope of Practice	Writing Assignment	6 hours
	Revisit: Side Effects Worksheet	Writing Assignment	
	Fast Facts- the y4c Intake	Reading Assignment	
	yoga4cancer Practice	On Demand Practice & Assignment	
	Applications of Oncology Yoga	Reading Assignment	
	Case Study: Bryan, a Leukemia Patient	Reading and Writing Assignment	
	yoga4cancer Practice	Practice & Assignment	
	Are You Ready?	Video and Assignment	
	Advice for the Hard Question	Reading	
	Module #7 Quiz	Quiz	
Module #8: Getting Started			
	yoga4cancer Practice	Practice & Assignment	4 hours
	Applying your Oncology Certification	Reading and Video	
	Applying your Oncology Certification- Worksheet	Writing Assignment	
	Resources for Certified Teachers	Reading & Video	
	Marketing Toolkit	Toolkit	
	Final Assignment	Writing Assignment	
	Program Survey	Writing Assignment	
	Closing	Video	

New or Updated