

yoga4cancer™

75 HOUR CERTIFICATE PROGRAM

CURRICULUM

Module	Topic	Type of Learning
	Program Orientation	
Module #1:	The Foundation of Oncology Yoga	
	The Case for Oncology Yoga	Reading
	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
	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
	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
	Defining the y4c Methodology	Reading and Quiz
	Matching Breath and Movement	Reading & Video
	Pranayamas & Meditations	Reading
	Vinyasa and the Warm-Up	Video and Writing Assignment
	The Loop	Video
	Block Towers - using blocks to create stability and access	Video
	yoga4cancer Poses - Modified Sun Salutations, 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 Breath	Video & Assignment
	Teaching the Loop	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
	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 recording 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	<i>Live Discussion</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	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 & Assignment
	Advice for the Hard Question	Reading
	Module #7 Quiz	Quiz
Module #8: Getting Started		
	yoga4cancer Practice	Practice & Assignment
	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
	Getting Started	Explore Resources

total hours: 77/75 CEU