

yoga4cancer Certificate Program 2022 Curriculum & Schedule			
Module	Topic	Type of Learning	Spring 2022
2 hours	Session Starts		April 4th
	Program Orientation		Week of March 21st
	Welcome Webinar	Live Webinar with Tari and Mentors	April 4th
Module #1: The Foundation			
8 hours	The Case for Oncology Yoga	Reading and Video	Weeks 1 and 2
	Our Approach - Developing Critical Thinking!	Reading	
	The ABCs of the yoga4cancer Methodology	Reading and Video	
	Fears and Concerns	Writing Assignment	
	Myth Busting	Quiz	
	Language in Oncology Yoga	Reading, Audio	
	Using Metaphor	Writing and Reading Assignments	
	Prepare for your first yoga4cancer class	Reading and Video	
	yoga4cancer Practice	Physical Practice	
	Module #1 Worksheet	Writing Assignment	
Module #1 Quiz	Quiz		
Module #2: Physical and Emotional State of a Cancer Survivor			
10 hours	Cancer Basics: What is it? What are the causes?	Reading and Video	Weeks 3 and 4
	The Human Body Systems and Immunity	Reading and Video	
	Immune System and Cancer Basics- Quiz	Quiz	
	Cancer Treatments	Video	
	Common Side Effects	Writing Assignment	
	yoga4cancer Practice	Physical Practice and Writing Assignment	
	Module #2 Worksheet	Writing Assignment	
	Module #2 Quiz	Quiz	
Module #3: The Science of Yoga			
8 hours	Scientific Foundation	Reading and Video	Weeks 5 and 6
	Science of Yoga- Quiz	Quiz	
	Yoga Benefits	video	
	Managing Potential Yoga Risks	Writing Assignment	
	A review: The Science of Yoga	Video	
	yoga4cancer Practice	Physical Practice and Writing Assignment	
	Module #3 Worksheet	Writing Assignment	
	Module #3 Quiz	Quiz	
Preparing for your Teaching Practicum	Writing Assignment		
Module #4: the y4c Methodology			
10 hours	Defining the y4c Methodology	Reading	Weeks 7 and 8
	Defining the y4c Methodology- Quiz	Quiz	
	Warm-up Vinyasa	Video and Writing Assignment	
	Block Test	Reading and Video	
	yoga4cancer Poses - Standing Poses, Modified Sun Salutation, Dynamic Poses, Restorative and more.	Reading and Video	
	Fast Facts - the yoga4cancer Intake Method	Reading	
	Module #4 Quiz	Quiz	
	Poses and Sequences Webinar	Live Webinar with Tari and Mentors	
Module #5: Preparing to Teach			
8 hours	Turning Compassion into Empathy	Reading	Weeks 9 and 10
	Class as a Survivor - Preparing	Video	
	Class as a Survivor - Class	Physical Practice and Writing Assignment	
	Module #5 Worksheet	Writing Assignment	
	Teaching Practicum Assignment	Practice Teaching and Worksheet	
	Sample Practicums and Mentor Feedback	Reading and Video	
Practicum Reflections and Revisions	Writing Assignment		
Module #6: Practical Application			
6 hours	Your Teaching Sequence	Writing Assignment	Weeks 11 and 12- Practicum and assignments in red due on <u>June 22nd</u> .
	Submit your Teaching Practicum Video	Video submission	
	Practicum Self-Assessment	Writing Assignment	
	Module #6 Worksheet	Writing Assignment	
Program Recess: Weeks 13-16. Practicum Evaluations with your Mentor.			
Module #7: Getting Started			
5 hours	Are You Ready? Webinar	Live Webinar with Tari and Mentors	July 25th
	Applying your Oncology Certification	Reading	Weeks 17 and 18
	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	August 8th
	Program Ends	Deadline for completion	August 31st