

# 75 Hour yoga4cancer Certificate Program

## 2023 Curriculum

January 30th to July 31st 2023

Module	Topic	Type of Learning
Available January 16th	Program Orientation	Reading, Quiz, Writing Assignment
<b>Module #1: The Foundation</b>		
Weeks 1-3	The Case for Oncology Yoga	Reading and Video
	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 On Demand Practice	Physical Practice
	Module #1 Worksheet	Writing Assignment
Module #1 Quiz	Quiz	
<b>Module #2: Physical and Emotional State of a Cancer Survivor</b>		
Weeks 4-6	Cancer Basics: What is it? What are the Causes?	Reading and Video
	The Human Body Systems and Immunity	Reading and Video
	Immune System and Cancer Basics- Quiz	Quiz
	Cancer Treatments	Video
	Common Side Effects	Writing Assignment
	Module #2 Worksheet	Writing Assignment
	Module #2 Quiz	Quiz
<b>Module #3: The Science of Yoga</b>		
Weeks 7-9	Scientific Foundation of Yoga	Reading and Video
	Science of Yoga- Quiz	Quiz
	Yoga Benefits	video
	Managing Potential Yoga Risks	Writing Assignment
	A review: The Science of Yoga	Video
	Module #3 Worksheet	Writing Assignment
	Module #3 Quiz	Quiz
	Preparing for your Teaching Practicum	Writing Assignment
<b>Module #4: the y4c Methodology</b>		
Weeks 10-12	Defining the yoga4cancer Methodology	Reading and 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
	Module #4 Quiz	Quiz
<b>Module #5: Preparing to Teach</b>		
Weeks 13-15	Turning Compassion into Empathy	Reading
	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
<b>Module #6: Practical Application</b>		
Weeks 16-23	Your Teaching Sequence	Writing Assignment
	Submit your Teaching Practicum Video	<b>Video submission</b>
	Practicum Self-Assessment	Writing Assignment
	Connect with your Mentor	Discussion
	Fast Facts- the y4c Intake	Reading Assignment
	Applications of Oncology Yoga	Reading Assignment
	Case Study: Bryan, a Leukemia Patient	Reading and Writing Assignment
	Guidelines for Reading Research	Reading and Writing Assignment
<b>Module #7: Getting Started</b>		
Weeks 24-26	Applying your Oncology Certification	Reading
	Applying your Oncology Certification- Worksheet	Writing Assignment
	Final Assignment	Writing Assignment
	Program Survey	Writing Assignment
	Getting Started	Provided tools and staying connected