

## yoga4cancer 75 Hour Certificate Program 2023 Curriculum & Schedule

Module	Topic	Type of Learning	2023
2 hours	Program Orientation	Reading, Quiz, Writing Assignment	Jan 16 - Jan 29
	Welcome Webinar	Live Webinar with Tari and Mentors	
<b>Module #1: The Foundation</b>			
8 hours	The Case for Oncology Yoga	Reading and Video	Weeks 1 - 3
	How Exercise Oncology Supports Oncology Yoga	Reading, Audio	
	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		
yoga4cancer Practice	Live Practice		
<b>Module #2: Physical and Emotional State of a Cancer Survivor</b>			
12 hours	Program Check-in	Live discussion with Tari and Mentors	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	
	yoga4cancer Practice	Live Practice	
	Common Side Effects	Writing Assignment	
	Module #2 Worksheet	Writing Assignment	
Module #2 Quiz	Quiz		
<b>Module #3: The Science of Yoga</b>			
12 hours	Program Check-in	Live discussion with Tari and Mentors	Weeks 7 - 9
	Scientific Foundation	Reading and Video	
	Science of Yoga- Quiz	Quiz	
	The Five Fundamental Principles of Yoga	Video	
	Guidelines for Reading Research	Reading and Quiz	
	Yoga Benefits: Inflammatory Markers	Reading & Writing Assignment and Quiz	
	Yoga Benefits: Bones and Lymph	Reading and Video	
	Yoga Benefits: Mindfulness and Cancer	video and Practice	
	Trauma and Oncology Yoga	Video and Writing Assignment	
	Managing Potential Yoga Risks	Writing Assignment	
	yoga4cancer Practice	Live Practice	
	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>			
14 hours	Program Check-in	Live discussion with Tari and Mentors	Weeks 10 - 12
	Defining the y4c Methodology	Reading and Quiz	
	Warm-up Vinyasa	Video and Writing Assignment	
	Block Test	Reading and Video	
	yoga4cancer Practice	Live Practice	
	yoga4cancer Poses	Reading and Video	
	- Standing Poses		
	- Modified Sun Salutation		
	- Balance Poses		
	- Dynamic Poses		
- Restorative			
Module #4 Quiz	Quiz		
Poses and Sequences Webinar	Live Webinar with Tari and Mentors		
<b>Module #5: Preparing to Teach</b>			
12 hours	Turning Compassion into Empathy	Reading	Weeks 12 - 16
	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	
	Practice Teaching Webinar	Live Webinar with Tari and Mentors	
	Sample Practicums and Mentor Feedback	Reading and Video	
Practicum Reflections and Revisions	Writing Assignment		
<b>Module #6: Practical Application</b>			
12 hours	Your Teaching Sequence	Writing Assignment	Weeks 16 - 18- Practicum due on <u>May 24th</u> .
	Submit your Teaching Practicum Video	Video submission	
	Practicum Self-Assessment	Writing Assignment	Weeks 19 - 23:
	Connect with your Mentor	Discussion	
	Revisit: Side Effects Worksheet	Writing Assignment	
	Fast Facts- the y4c Intake	Reading Assignment	
	yoga4cancer Practice	Live Practice	
	Applications of Oncology Yoga	Reading Assignment	
	Case Study: Bryan, a Leukemia Patient	Reading and Writing Assignment	
	yoga4cancer Practice	Live Practice	
Advice on the Hard Question	Reading and Writing Assignment		
Webinar: Are You Ready?	Live Webinar with Tari and the Mentors		
<b>Module #7: Getting Started</b>			
5 hours	yoga4cancer Practice	Live Practice	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	
	Closing Webinar	Congrats from Tari and Mentors	
	Program Ends	Deadline for completion	

total hours: 77/75 CEU  
total weeks: 28/26