

yoga4cancer Certificate Program

DRAFT

2021 Curriculum

Program Orientation	Type of Learning
Program Components, Curriculum, Forum and Support	Reading and Writing Assignment
Introduction Webinar	Live or recorded Webinar
Module #1: The Foundation	
Introduction from Tari	Video
Fears and Concerns	Writing Assignment
Myth Busting	Activity and Writing Assignment
The ABC's	Video and Reading Assignment
Metaphor	Video and Writing Assignment
Practice and Reflection	Practice and Assignment
Meet Up	Interactive Session
Module #2: Physical and Emotional State of a Cancer Survivor	
Cancer Basics: What is it? What are the causes?	Reading Assignments and Video
The Human Body Systems and Immunity	Reading Assignments and Video
Cancer Screening & Diagnostic Tools	Quiz and Reading Assignment
Western Cancer Treatments	Reading Assignments and Video
Common Side Effects	Reading Assignment, Writing Assignment and Video
Discussion: Cancer Treatments and Side Effects	Video and Assignment
Practice and Reflection	Practice and Assignment
Meet Up	Interactive Session
Module #3: The Science of Yoga	
Scientific Foundation of the y4c Methodology	Reading Assignment, Writing Assignment and Video
Yoga Benefits	Quiz, Reading Assignment and Video
Applying the Principles and Benefits	Video, Reading, Practice
Preparing for your Practicum	Reading Assignment, Writing Assignment and Video
Discussion: The Science of Yoga	Video and Assignment
Practice and Reflection	Practice and Assignment
Meet Up	Interactive Session
Module #4: the y4c Methodology	
Defining the y4c Methodology	Reading Assignment
Warm-up Arm Vinyasa	Reading Assignment, Writing Assignment and Video
yoga4cancer Poses - Part 1	Quiz, Reading Assignment and Video
yoga4cancer Poses - Part 2	Reading Assignment, Writing Assignment and Video
Planning a yoga4cancer Class	Reading & Writing Assignment
Practice and Reflection	Video and Physical Practice
Webinar: yoga4cancer Poses and Sequences	Live or Replay Webinar with Tari
Module #5: Preparing to Teach	
y4c Tools	Reading Assignment, Writing Assignment and Quiz
Advice and Cautions	Reading Assignment
Sequencing	Writing Assignment
Language	Video, Reading and Writing Assignment
Teaching Practicum Preparation	Practice Teaching and Worksheet
Meet Up	Interactive Session
Module #6: Practical Application	
Turning Compassion into Empathy	Reading Assignment
Class as a Survivor: Part #1	Reading Assignments and Video
Class as a Survivor: Part #2	Yoga Practice and Writing Assignment
Teachig Practicum Reflections	Video and Writing Assignment
Practicum Sharing and Reflections	Video and Writing Assignment
Teaching Practicum Assignment	Video submission
Self-Assessment of Practicum	Writing Assignment
Exercise: "Are you Ready?"	Video and Writing Assignment
Webinar: Practicum Discussion	Live Webinar with Tari and Senior Teachers
Module #7: Getting Started	
Reflections on Practicum and Feedback	Writing Assignment
Final Assignment	Writing Assignment
Survey	Writing Assignment
Getting Started	Provided tools and staying connected
Integrating into Healthcare	Reading and writing assignment
Meet Up	Interactive Session