

**yoga4cancer Certificate Program
2021 Curriculum & Schedule**

Module	Topic	Type of Learning	Dates: Fall Session
	Session Starts		August 30th
	Program Orientation		
Webinar	Welcome Webinar	Webinar with Tari and program participants	August 30th
Module #1: The Foundation			
	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 Practice	Physical Practice	
	Module #1 Worksheet	Writing 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 Assignments and Video	
	The Human Body Systems and Immunity	Reading Assignments and Video	
	Immune System and Cancer Basics	Quiz and Reading Assignment	
	Cancer Treatments	Reading Assignments and Video	
	Breast Reconstructions	Reading Assignments and Video	
	Common Side Effects	Reading Assignment, Writing Assignment and Video	
	yoga4cancer Practice	Physical Practice and Writing Assignment	
	Module #2 Worksheet	Writing Assignment	
	Module #2 Quiz	Quiz	
Module #3: The Science of Yoga			
	Scientific Foundation	Reading Assignment and Video	
	Science of Yoga	Reading Assignment and Quiz	
	Yoga Benefits	Quiz, Reading Assignment and Video	
	Managing Potential Yoga Risks	Reading and Writing Assignment	
	Applying the Principles and Benefits of Yoga	Reading Assignment, Writing Assignment and Video	
	A review: The Science of Yoga	Video	
	yoga4cancer Practice	Physical Practice and Writing Assignment	
	Module #3 Worksheet	Writing Assignment	
	Module #3 Quiz	Quiz	
Module #4: the y4c Methodology			
	Defining the y4c Methodology	Reading Assignment and Quiz	
	yoga4cancer Poses - WarmUp Vinyasa - The Block Test, Standing Poses, Modified Sun Salutation, Dynamic Poses, Restorative and more.	Videos and Reading Assignments	
	Yoga Props	Reading Assignment and Video	
	y4c Class Planning	Reading & Writing Assignment	
	Advice on Class Approach and Elements	Reading & Writing Assignment	
	Fast Facts - the yoga4cancer Intake Method	Activity	
	Poses and Sequences Webinar	Live Webinar with Tari and Mentors	October 4th
	Module #4 Quiz	Quiz	
Module #5: Preparing to Teach			
	Turning Compassion into Empathy	Reading Assignment	
	Class as a Survivor - Preparing	Reading Assignments and Video	
	Class as a Survivor	Physical Practice and Writing Assignment	
	Module #5 Worksheet	Writing Assignment	
	Teaching Practicum Assignment	Practice Teaching and Worksheet	
	Sample Practicums and Mentor Feedback	Videos	
	Practicum Reflections and Revisions	Writing Assignment	
Module #6: Practical Application			
	Your Teaching Sequence	Video and Writing Assignment	
	Submit your Teaching Practicum Video	Video submission	November 1st
	Practicum Self-Assessment	Writing Assignment	
	Exercise: "Are you Ready?"	Video and Writing Assignment	
	Module #6 Worksheet	Writing Assignment	
	Practicum Feedback and Discussion Webinar	Live Webinar with Tari and Mentors	November 29th
Module #7: Getting Started			
	Reflections on Mentor Feedback	Writing Assignment	
	Applying your Oncology Certification	Writing Assignment	
	Final Assignment & Quiz	Writing Assignment and Quiz	
	Program Survey	Writing Assignment	
	Getting Started	Provided tools and staying connected	
	Program Closing	Congrats from Tari and Mentors	December 13th
	Program Ends	Deadline for completion	December 31st

Live Event Schedule - Fall Session 2021

All Events are on Mondays.

Date	Live Events	Time
August 30th	Welcome Webinar	1pm EDT
Sept 13th	Class	1pm EDT
Sept 20th	Check-In (Optional)	1pm EDT
Sept 27th	Class	1pm EDT
Oct 4th	Poses and Sequence Webinar	1pm EDT
Oct 25th	Check-In (Optional)	1pm EDT
Nov 8th	Class	1pm EDT
Nov 29th	Practicum Feedback and Discussion Webinar	1pm EDT
Dec 6th	Class	1pm EDT
Dec 13th	Program Closing Webinar	1pm EDT