

# yoga4cancer Certificate Program

## 2021 Curriculum & Schedule

Module	Topic	Type of Learning	Dates: Fall Session
	<b>Session Starts</b>		<b>August 30th</b>
	<b>Program Orientation</b>		<i>Opens August 23rd</i>
	<b>Welcome Webinar</b>	Webinar with Tari and program participants	<b>August 30th</b>
<b>Module #1: The Foundation</b>			
	<b>The Case for Oncology Yoga</b>	Reading and Video	
	<b>Our Approach - Developing Critical Thinking!</b>	Reading	
	<b>The ABCs of the yoga4cancer Methodology</b>	Reading and Video	
	<b>Fears and Concerns</b>	Writing Assignment	
	<b>Myth Busting</b>	Quiz	
	<b>Language in Oncology Yoga</b>	Reading, Audio	
	<b>Using Metaphor</b>	Writing and Reading Assignments	
	<b>Prepare for your first yoga4cancer class</b>	Reading and Video	
	<b>yoga4cancer Practice</b>	Physical Practice	
	<b>Module #1 Worksheet</b>	Writing Assignment	
	<b>Module #1 Quiz</b>	Quiz	
<b>Module #2: Physical and Emotional State of a Cancer Survivor</b>			
	<b>Cancer Basics: What is it? What are the causes?</b>	Reading Assignments and Video	
	<b>The Human Body Systems and Immunity</b>	Reading Assignments and Video	
	<b>Immune System and Cancer Basics</b>	Quiz and Reading Assignment	
	<b>Cancer Treatments</b>	Reading Assignments and Video	
	<b>Breast Reconstructions</b>	Reading Assignments and Video	
	<b>Common Side Effects</b>	Reading Assignment, Writing Assignment and Video	
	<b>yoga4cancer Practice</b>	Physical Practice and Writing Assignment	
	<b>Module #2 Worksheet</b>	Writing Assignment	
	<b>Module #2 Quiz</b>	Quiz	
<b>Module #3: The Science of Yoga</b>			
	<b>Scientific Foundation</b>	Reading Assignment and Video	
	<b>Science of Yoga</b>	Reading Assignment and Quiz	
	<b>Yoga Benefits</b>	Quiz, Reading Assignment and Video	
	<b>Managing Potential Yoga Risks</b>	Reading and Writing Assignment	
	<b>A review: The Science of Yoga</b>	Video	
	<b>yoga4cancer Practice</b>	Physical Practice and Writing Assignment	
	<b>Module #3 Worksheet</b>	Writing Assignment	
	<b>Module #3 Quiz</b>	Quiz	
<b>Module #4: the y4c Methodology</b>			
	<b>Defining the y4c Methodology</b>	Reading Assignment and Quiz	
	<b>yoga4cancer Poses</b> - WarmUp Vinyasa , The Block Test, Standing Poses, Modified Sun Salutation, Dynamic Poses, Restorative and more.	Videos and Reading Assignments	
	<b>Yoga Props</b>	Reading Assignment and Video	
	<b>y4c Class Planning</b>	Reading & Writing Assignment	
	<b>Advice on Class Approach and Elements</b>	Reading & Writing Assignment	
	<b>Fast Facts - the yoga4cancer Intake Method</b>	Activity	
	<b>Poses and Sequences Webinar</b>	Live Webinar with Tari and Mentors	<b>October 4th</b>
	<b>Module #4 Quiz</b>	Quiz	
<b>Module #5: Preparing to Teach</b>			
	<b>Turning Compassion into Empathy</b>	Reading Assignment	
	<b>Class as a Survivor - Preparing</b>	Reading Assignments and Video	
	<b>Class as a Survivor</b>	Physical Practice and Writing Assignment	
	<b>Module #5 Worksheet</b>	Writing Assignment	
	<b>Teaching Practicum Assignment</b>	Practice Teaching and Worksheet	
	<b>Sample Practicums and Mentor Feedback</b>	Videos	
	<b>Practicum Reflections and Revisions</b>	Writing Assignment	
<b>Module #6: Practical Application</b>			
	<b>Your Teaching Sequence</b>	Video and Writing Assignment	
	<b>Submit your Teaching Practicum Video</b>	<b>Video submission</b>	<b>November 1st</b>
	<b>Practicum Self-Assessment</b>	Writing Assignment	
	<b>Exercise: "Are you Ready?"</b>	Video and Writing Assignment	
	<b>Module #6 Worksheet</b>	Writing Assignment	
	<b>Practicum Feedback and Discussion Webinar</b>	Live Webinar with Tari and Mentors	<b>November 29th</b>
<b>Module #7: Getting Started</b>			
	<b>Applying your Oncology Certification</b>	Writing Assignment	
	<b>Final Assignment</b>	Writing Assignment	
	<b>Program Survey</b>	Writing Assignment	
	<b>Getting Started</b>	Provided tools and staying connected	
	<b>Closing Webinar</b>	Congrats from Tari and Mentors	<b>December 13th</b>
	<b>Program Ends</b>	Deadline for completion	<b>December 31st</b>