

yoga4cancer Certificate Program 2021 Curriculum & Schedule

Module	Topic	Type of Learning	Spring	Fall
Session Opens			March 29th	August 30th
Registration Closes			April 26th	Sept 27th
	Program Orientation			
Webinar	Welcome Webinar	Webinar with Tari and program participants	3/31	9/1
Module #1: The Foundation				
	The Case for Oncology Yoga	Reading and Video		
	Developing Critical Thinking	Reading and Video		
	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 Assignment		
	Prepare for your first yoga4cancer class	Reading and Video		
	yoga4cancer Practice	Physical Practice		
	Module #1 Assignment	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		
	Cancer Screening & Diagnostic Tools	Quiz and Reading Assignment		
	Cancer Treatments	Reading Assignments and Video		
	Breast Reconstructions			
	Common Side Effects	Reading Assignment, Writing Assignment and Video		
	Discussion: Cancer Treatments and Side Effects	Video and Writing Assignment		
	yoga4cancer Practice & Reflection	Physical Practice and Writing Assignment		
	Module #2 Quiz	Quiz		
Module #3: The Science of Yoga				
	Scientific Foundation of the y4c Methodology	Reading Assignment, Writing Assignment and Video		
	Science of Yoga Activity			
	Yoga Benefits	Quiz, Reading Assignment and Video		
	Applying the Principles and Benefits of Yoga	Reading Assignment, Writing Assignment and Video		
	Schedule your Teaching Practicum	Writing Assignment		
	Discussion: The Science of Yoga	Video and Writing Assignment		
	yoga4cancer Practice & Reflection	Physical Practice and Writing Assignment		
	Module #3 Quiz	Quiz		
Module #4: the y4c Methodology				
	Defining the y4c Methodology	Reading Assignment		
	Tools to support a safe and effective class	Video and Writing Assignment		
	Fast Facts - the yoga4cancer Intake Method	Activity		
	The Warm-up Vinyasa	Video and Writing Assignment		
	yoga4cancer Poses - Part 1	Video		
	yoga4cancer Poses - Part 2	Video		
	y4c Class Plan	Reading & Writing Assignment		
Webinar	Poses and Sequences	Live Webinar with Tari and Mentors	5/5	10/6
	Module #4 Quiz	Quiz		
Module #5: Preparing to Teach				
	Advice and Cautions	Reading Assignment		
	Turning Compassion into Empathy	Reading Assignment		
	Class as a Survivor: Part #1	Reading Assignments and Video		
	Class as a Survivor: Part #2	Physical Practice and Writing Assignment		
	Teaching Practicum Assignment	Writing Assignment		
	Teaching Practicum Practice and Reflection	Practice Teaching and Worksheet		
	Module #5 Quiz	Quiz		
Module #6: Practical Application				
	Advice from Mentors: Sample Practicums and Feedback	Video and Writing Assignment		
	Teaching Practicum Submission	Video submission	5/31	11/1
	Practicum Self-Assessment	Writing Assignment		
	Exercise: "Are you Ready?"	Video and Writing Assignment		
Webinar	Practicum Feedback and Discussion	Live Webinar with Tari and Mentors	6/30	12/1
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		
Webinar	Program Closing	Congrats from Tari and Mentors	7/14	12/15
	Program Ends	Deadline for completion	7/31	12/31

Ongoing Monthly Events

yoga4cancer Classes - MANDATORY

Program Check-ins - OPTIONAL

Live sessions are conducted every 2nd Monday of the month for 2021. Sessions are at 1pm EST. Participation in a minimum of 3 classes live or via replay is required. Live sessions will include Q&A with senior y4c teacher.

Every 4th Monday of the month. Sessions are at 1pm EST. Participation is optional. No replays available. Opportunity for Q+A, demonstration and discussion.