

# YOGA FOR CANCER

## COURSE PROSPECTUS

<b>7</b> Day	<b>Mod 1:</b> 15th – 18th Feb <b>Mod 2:</b> 2nd – 4th May	<b>90-hr RYT</b> (50 contact and 40 non-contact hours)
Created and Led by Jude Murray and guest teachers Hosted by Yogacampus		

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# FOR PRESENCE~ BY JOHN O'DONOHUE

*Awaken to the mystery of being here  
and enter the quiet immensity of your own presence.  
Have joy and peace in the temple of your senses.  
Receive encouragement when new frontiers beckon.  
Respond to the call of your gift and the courage to  
follow its path.*

*Let the flame of anger free you of all falsity.  
May warmth of heart keep your presence aflame.  
May anxiety never linger about you.*

*May your outer dignity mirror an inner dignity of soul.  
Take time to celebrate the quiet miracles that seek  
no attention.*

*Be consoled in the secret symmetry of your soul.*

*May you experience each day as a sacred gift woven  
around the heart of wonder.*



# INTRODUCTION

This 90-hour Yoga Alliance registered training offers an in-depth, heart-led training for individuals who wish to work with people living with cancer or other long term life-limiting health conditions.

“Cancer” has, for a long time, been a taboo word. A frightening word. A word that spells a death sentence to the person who has it, and in the minds of those who hear it. It still has the power to instill fear, shame and hopelessness...Slowly however, we are seeing a shift in attitude; people are much more open to discussing cancer, but we still have a long way to go. Yoga has a beautiful perspective to offer because it is a holistic practice. It works with the whole person: mind, body and spirit, and doesn't just seek to treat the person's cancer. This in-depth training invites you to explore how yoga can positively impact the physical effects of cancer and its treatment, and also how to address the energetic, mental, emotional, and spiritual components of a cancer diagnosis.

We know about the immense benefits that yoga can have on the whole nervous system; now we want to apply yoga's healing modalities to those living with cancer in order to skilfully and safely support them. If you are a yoga teacher, healthcare professional working with life-limiting and advanced illness, a mental health, social or spiritual care provider, or and complementary therapist with a strong grounding in yoga who is eager to go into your local community to offer yoga in clinics, hospitals, cancer centres, studios and hospices, then this training is for you. This is your opportunity to serve your community in a very deep and rewarding way.

This course is unique in that it brings a senior faculty of tutors who have worked extensively in acute, palliative, integrative and community cancer care settings bringing you the latest information on cancer biology, clinical oncology and yoga therapy. The course places special emphasis on breast cancer, being the second most common cancer in women worldwide, representing 12% of all new cancer cases and 25% of all cancers in women. It is the most frequently diagnosed cancer among women in 140 countries worldwide. The course will empower you to work with women affected by breast cancer, offering them adapted practices, as well as equipping you with other suitable adaptations for other types of cancer and generally for other life limiting conditions.



# AIMS OF THE COURSE

Led by Jude Murray, this course will assist qualified yoga teachers and other suitably qualified professionals, in developing the skills, knowledge and qualities to teach yoga, meditation, relaxation and yoga nidra to people living with cancer. The content is also relevant to working with people with other long-term or life-limiting health conditions.

## COURSE CONTENT

The content is broken down into four distinct sections:

**Section 1: The Healing Environment – Pastoral Skills for Yoga Teachers**

**Section 2: Understanding Yoga and Cancer**

**Section 3: Adapting the Practices of Yoga**

**Section 4: Running Classes**

At the end of **Section 1** students will be able to demonstrate:

- what it means to cultivate presence, and to be able to put into practice being present to someone who is suffering in body, mind or spirit
- the principle of compassion and compassionate listening
- healthy professional boundaries including referrals to other professionals/agencies where necessary
- the importance of adhering to a code of ethics
- compassion to someone's expressions of fear, anxiety, panic or pain
- comfort in engaging in difficult conversations e.g. about death and dying
- committed self-practice, self-care, emotional support and supervision

At the end of **Section 2** students will be able to demonstrate:

- an understanding of basic cancer biology and terminology
- the most common types of cancer, and main causes / risk factors
- understanding of the published UK statistics on cancer incidence and mortality
- standard cancer treatments: chemotherapy; radiotherapy and stem cell transplantation and their main significant side effects
- awareness of some alternative approaches to cancer treatment and the evidence relating to their efficacy
- identification of the key cancer “myths”
- awareness of the psychological, social and spiritual impacts of living with a cancer diagnosis and coping with treatment
- understanding of the direct patient experience of living with cancer from engaging with people living with cancer and their carers and relatives and from case studies



At the end of **Section 3** students will be able to demonstrate:

- the yogic view of disease and illness from the perspectives of the Koshas and the Gunas
- the key benefits of yoga for cancer with reference to the relevant published scientific evidence
- the main contraindications and cautions for practising yoga for someone who is living with cancer or going through cancer treatments
- the effects of cancer related stress on the body, including a good basic understanding of the sympathetic and parasympathetic nervous systems
- the benefits and contraindications (in relation to the key side effects of cancer and its treatment) of:
  - o Asana practices
  - o Breathing exercises and pranayama
  - o Meditation
  - o Relaxation exercises
  - o Visualisation and guided imagery
  - o Yoga Nidra
  - o Gentle conscious touch

At the end of **Section 4** students will be able to demonstrate:

- Identification of some key national and local cancer agencies and charities and how to contact them.
- An understanding of the benefits and possible pitfalls of:
  - o Integrating people with cancer into general classes
  - o Setting up dedicated yoga for cancer classes
  - o Working one to one



## COURSE STRUCTURE

This course challenges the traditional teaching paradigm to encourage an innovative learning environment, recognising the importance of various learning methods. The syllabus uses the blended learning method, which mixes traditional face-to-face education with online learning, allowing students to engage through visuals and online interaction even when off campus and in between modules.

With blended learning, incorporating different learning styles becomes possible – PowerPoints, images, audio files, video files, podcasts etc. Students have fed back that this type of learning has helped to develop their soft skills. Specifically, skills like relating well to others, time management, critical thinking and team cooperation are nurtured in a blended model.

The course is structured over two face-to-face modules in February and May respectively, as well as online work and check-ins in between modules.

## MODULE 1

15TH – 18TH FEBRUARY 2020

### Day One

- Philosophical overview – Yoga Sutras
- Engaging with compassionate presence
- Practising boundaries and self-care
- Practices: compassion meditation, breathing techniques, asana sequence for grounding and safety

### Day Two

- Introduction to cancer biology – with Richard Harding, Paramedic Practitioner
- Overview of the causes and risk factors for cancer
- Overview of the four most common cancers with emphasis on breast cancer
- Biology of stress – with Richard Harding
- Practices: calming/balancing breathing techniques, meditation, asana practice for gentle mobilising the spine and pelvis

### Day Three

- Psychosocial impact of a cancer diagnosis – with Sue Skelton, Macmillan Nurse Specialist, Clinical Teacher & Yoga Teacher
- Cancer treatments and side effects - With Sue Skelton
- Contraindications and cautions
- Considerations for adapting and modifying practices
- Patient personal journeys
- Practices: chair yoga, visualisation techniques, self-massage
- Teaching Practice

### Day Four

- The benefits of yoga for cancer
- Science, yoga and cancer - evidence based practice
- Cancer myths and scope of practice
- Practices: pawanmuktasana, pranayama: safety and consideration, mantra and mudra
- Teaching Practice

## ONLINE PLATFORM AND SELF LEARNING (IN BETWEEN MODULES)

During this time you will be expected to work on your personal practice, including daily meditation, regular asana practice, deepening your understanding of the yoga sutras, reading around the subject and journaling. You will also be provided with specific practices for you to embody and learn from.

You will be provided with access to the Yogacampus online learning platform where you will find a range of materials to support your learning including videos, articles, podcasts and scheduled video led classes. You will also schedule study group calls during this time to discuss the lesson plan you will need to submit at the end of Module 2. One of those calls will also be a 1:1 with Jude.

# ASSESSMENTS

## MODULE 2

2ND - 4TH MAY 2020

### Day One

- Further development of compassionate presence
- Patient experience – hearing from patients who have practised yoga with a cancer diagnosis
- Medical histories, record keeping and confidentiality
- Liaising with NHS and other agencies and key stakeholders
- Practice - Yoga Nidra

### Day Two

- Practices for specific issues and helping with side effects
- Using gentle touch
- Ethics. Inclusion. Consent.
- Teaching Practice with tutor input- opportunities to make adjustments to lesson plans

### Day Three

- Final Exam: Practical Teaching Assessments



In order to become a fully certified Yoga for Cancer teacher, you will need to complete the post-course case study project and participate in x2 supervision calls (at the additional cost of £70 for both calls). You will need to write up a 1:1 practical case study in which you have established a class, group or one to one session for people/a person living with cancer or their carers. The project will need to be submitted within 2 months of finishing the course.

***In addition, there will be a number of assessments to submit and work towards including:***

- In-depth research paper on breast cancer – to include causes, risk factors, diagnosis and treatment options. This is to be submitted in between the two modules
- Individual lesson plan for someone living with breast cancer (case study will be supplied) with reference to the medical and yogic views of cancer
- You will be part of a small study group in which you will be required to prepare a group lesson plan to be used for the final practical assessment on the final day of the course. In between modules, you will need to set up two study group calls to work on the overall lesson plan.
- The lesson will be divided into sections to be taught by each member. The class plan should focus around a group class for people living with cancer to include suitable adaptations and reasoning that could be taught at a cancer support centre. Lesson plans should be submitted in advance for feedback.
- Written reflection on how the course has impacted teaching and personal practice, addressing key themes.



## ELIGIBILITY

This Teacher Training is suitable for yoga teachers, healthcare professionals working with life-limiting and advanced illness, mental health, social or spiritual care providers, or and complementary therapists with a strong grounding in yoga.

## CERTIFICATION

Upon successful completion of all elements of the course including the post-course case study report to be submitted no later than 2 months following the end of the course, you will receive a certificate of completion from Yoga Alliance Professionals which enables you to share yoga and mindfulness with populations affected by cancer.

Should you decide not to complete the assessed work, you will be entitled to receive a certificate of attendance from **Yogacampus** so long as you have attended 100% of the course. **Full certification is dependent on completing the case study.**



# COURSE DATES & FEES

## DATES

Module 1: 15th – 18th February 2020

Module 2: 2nd – 4th May 2020

## TIMES

9.30am to 5.30pm

## FEES

**£925 Early Bird (until 2nd January) then £995**

If going for the full certification, there is an additional cost of £70 for the two supervision calls that form part of the post-course case study requirement.

*This course will equip you with experience and confidence to safely work with people touched by cancer on a physical, energetic, mental, emotional and spiritual level. We hope you will join us on this journey for transformation.*