



# YOGA FOR CANCER TEACHER TRAINING

February 17-19, 2017

Friday & Saturday, 2:00-6:00 pm

Sunday, 12:00-4:00 pm

*Fee: \$300 by 1/1, \$325 after*

Cancer Support Community

3276 McNutt Avenue, Walnut Creek, CA

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This weekend immersion is for 200-hour yoga teachers and health care practitioners who wish to learn the theory and practice of yoga therapy for cancer patients and survivors. In this 12-hour training, you will learn how to guide your students through this life-changing healing journey.

- Evidence-informed yoga protocol from the Healing Yoga for Cancer Survivorship (HYCS) research study (sponsored by the Cancer Support Community and Piedmont Yoga Community in 2014)
- How to adapt common asana and pranayama practices for patients in active treatment, what is safe and what should be avoided
- The anatomy of cancer and the immune system
- The effect of stress on the immune system and how yoga helps
- A look at cancer through the koshas and chakras
- Experience gentle active and restorative asana, pranayama, mudra, chanting, and yoga nidra that strengthen the immune system and counteract the side effects from cancer treatment to improve patients' and survivors' quality of life
- How to support emotional processing when it arises in your students
- How to best incorporate these practices into your own classes and customize the protocol for working with private clients
- Become a certified HYCS Teacher (12-hours of CEC for Yoga Alliance)

The training will be led by integrative yoga therapist, Cheryl Fenner Brown, C-IAYT, E-RYT500, YACEP, with over a decade of experience working with cancer patients and survivors as a teacher, therapist, author, and researcher. For more information, contact Cheryl at [practice@yogacheryl.com](mailto:practice@yogacheryl.com) or (510) 290-2641.

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**REGISTRATION FORM: YOGA FOR CANCER TEACHER TRAINING: \$300 by 1/1, \$325 after**

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

*Please make checks payable to Piedmont Yoga Community. Mail check and Registration form to:  
Piedmont Yoga Community, 575 Dutton Avenue, San Leandro, CA 94577*