



YOGA FOR CANCER TEACHER TRAINING: PHYSICAL PRACTICES

October 4-6, 2019

Fri/Sat 2:00-6:00 pm, Sun 1:00-5:00 pm

Cancer Support Community
3276 McNutt Ave, Walnut Creek, CA

Fee: \$325 by 8/1, \$350 after

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 use the physical aspects of the yoga practice to help your students navigate treatment side-effects as they go through this life-changing healing journey including:

- The anatomy of cancer and the immune system and the effect of stress on the body
- How to adapt the practice for patients in active treatment, what is safe and what should be avoided
- How active practice counteracts treatment side-effects such as pain, insomnia, anxiety, fatigue, lymphedema and neuropathy
- Experience upper body somatic movement that facilitates lymphatic flow
- Adapting gentle inversions and restorative postures that can provide pain and stress relief
- Using guided imagery as a deeply healing visualization practice
- How to use these practices into your own classes customize protocols for working with private clients
- Evidence-informed yoga protocols from the Healing Yoga for Cancer Survivorship (HYCS) research study (sponsored by the Cancer Support Community and Piedmont Yoga Community in 2014)

You will earn 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, mentor, author, and researcher. For more information, contact Cheryl at practice@yogacheryl.com or (510) 290-2641.

REGISTRATION FORM: YOGA FOR CANCER TEACHER TRAINING: \$325 by 8/1, \$350 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*