



# YOGA FOR CANCER TEACHER TRAINING: SUBTLE PRACTICES

March 23-25, 2018

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

Sunday, 12:00-4:00 pm

*Fee: \$300 by 2/1, \$325 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 the subtle body for cancer patients and survivors. In this 12-hour training, you will learn how to guide your students through yoga's subtle practices including mudra, pranayama, chanting and sound, and yoga nidra that strengthen the immune system and counteract the side effects from cancer treatment. You will learn:

- The anatomy of cancer and the immune system and the effect of stress on the immune system and how subtle yoga helps
- How to adapt common subtle practices for patients in active treatment, what is safe and what should be avoided
- The importance of working with the subtle body including, the koshas, gunas, chakras, doshas, nadis, and vayus.
- Benefits of using pranayama and mudra as stand-alone practices, and in combination with asana and meditation.
- Benefits of using mantra, and sound to support emotional and mental well-being
- How to structure a yoga nidra script, and use guided meditation in your classes.
- 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](mailto:practice@yogacheryl.com) or (510) 290-2641.

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**REGISTRATION FORM: YOGA FOR CANCER TEACHER TRAINING: \$300 by 2/1, \$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*

*Sign up online: [www.piedmontyogacommunity.org](http://www.piedmontyogacommunity.org)*