



## AIMS OF THE HEALING SPACE COURSE

To assist qualified yoga teachers in developing the skills, knowledge and qualities to teach yoga to people living with cancer. The content will also be relevant to working with people with other long-term or life-limiting health conditions.

## COURSE CONTENT

### OVERVIEW OF CANCER

- An introduction to the science of cancer
- Types of cancer, causes and risks
- Treatments: Chemotherapy, radiotherapy and other treatments and their side effects
- The psychological impact of living with a cancer diagnosis and coping with treatments
- The social impact of living with a cancer diagnosis
- The patient experience – includes participation from people living with cancer

### ADAPTING YOGA

- The yogic view of disease and illness
- The power and benefits of yoga for cancer including some of the scientific evidence
- Some contraindications and cautions
- Asana
- The breath and pranayama
- Relaxation
- Meditation
- Guided visualisation and imagery



- Yoga Nidra

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## CREATING A HEALING ENVIRONMENT

- Working from the heart
- Compassion
- Holding space
- Boundaries, ethics and energetic protection
- Empathy, listening
- Fear, anxiety, panic, pain
- Talking about death and dying
- Looking after yourself – emotional support

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## RUNNING CLASSES

- Liaising with other agencies
- Integrating people with cancer into your general classes
- Setting up a dedicated class
- Working 1 to 1

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## TEACHING PRACTICE

Practical experience, feedback and assessment

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## COURSE MATERIALS AND RESOURCES

To keep costs down we have ensured that all the books listed as required can be purchased new or as inexpensive second hand copies from Amazon. Some also available as Kindle editions.

### Reading List



Books marked with an asterisk (\*) are a requirement of the course

Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death- Joan Halifax (2009) \*

The Healing Path of Yoga, by Nischala Joy Devi (2000) \*

A notebook in which you will keep your practice diary <sup>2</sup> to contain notes on your practice and reflections on your learning. \*

Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation by Jon Kabat-Zinn.

A visible wound by Julie Friedeberger (1996, 2004)

The Yoga Sutras of Patanjali\*

#### COURSE RESOURCES

Resources will include: Handouts, Illustrations, Leaflets, Audio, Video, Book extracts and publications from various cancer support organisations, Personal reflections and your practice diary.

#### ONLINE RESOURCES

The following organisations are useful sources of accurate information about cancer and its treatment

<http://www.macmillan.org.uk>

<http://www.cancerresearchuk.org>

<http://www.mdanderson.org>

<http://www.integrativeonc.org>

<http://www.mynameisnotcancer.com>

#### ASSIGNMENTS



Assignments will be submitted monthly following the intensive or residential. The online course will have assignments after each module.

#### ASSESSMENT AND CERTIFICATION

A certificate will be awarded upon attendance at all course meetings, or completion of all online assignments, and satisfactory completion of all written and practical course assignments. This will include a final observed teaching practice. The course is accredited by the Complementary Medical Association and recognised as a post qualifying course by the Independent Yoga Network. Insurance is obtainable via Balens or BGi. The course is valid for CPD and continuing education points with Yoga Alliance UK & Europe, and other membership organisations.

#### CONTINUING CERTIFICATION

Post qualification, you will be asked to have one annual follow up 1 to 1 meeting in order to maintain your certification. This can be done by Skype, or telephone or in person with either Jude (course director) or one of the Healing Space graduates. The costs for this is £60.

#### COURSE DURATION AND TIMES

The face to face course will meet over Five days 10 am – 5 pm. The online course can be commenced at any time, and must be completed within twelve months. Each course has a requirement for a six month self- directed internship during which further written work and case studies (provided if necessary) will be required for completion of the course.

Contact hours = 56

Estimated written/reflective work at home = 18

Estimated time dedicated to self practice in relation to the course = 16

**Overall course hours for CPD purposes = 90**

#### COSTS AND DATES



Current course dates and costs are viewable on the “course dates” page of the Healing Space website [www.myhealingspace.org.uk](http://www.myhealingspace.org.uk)

#### COURSE DIRECTOR- JUDE MURRAY

Jude is a registered Yoga Elder with the Independent Yoga Network and Yoga Alliance UK Senior Yoga Teacher. She is a healer, Celtic Reiki Master, Massage Therapist and She specialises in Yoga for people living with cancer. Jude has over twenty five years experience as a teacher, trainer and group-work facilitator in the public and voluntary sectors and in private industry. She was previously Health & Wellbeing Manager with Breast Cancer Care in Scotland. During that time she began to see wide ranging potential of Yoga for people living with cancer. She also worked for several years as Yoga Therapist with Friends of the Beatson ( now known as the Beatson Cancer Charity) a unique, dedicated centre for inpatients at the Beatson West of Scotland Cancer Centre in Glasgow. Nowadays she dedicates most of her time to teaching, course design, presenting and writing on Yoga and healing.

#### APPLICATION PROCESS

This course is accredited by the Complementary Medical Association and recognised by the Independent Yoga Network as a post-qualifying training course for qualified teachers. Application is open to all qualified or accredited teachers of Yoga who have at least one year’s teaching experience. Although it is likely that you will have more.

The course is also open to practitioners in other disciplines who feel that the course content will benefit their practice. Please note, however, that this course will not qualify you to teach yoga as a stand alone course.

The first stage of application is to fill out the online application form on the prospectus page of the website . Jude will follow this up with a telephone call or, Skype call, or if possible, a face to face meeting, at a mutually arranged time, to discuss your application. If your application is successful, you will receive a confirmation by telephone or e-mail at which time your deposit for the course, or in the case of the online course, full payment, will be payable.