



## AIMS OF THE HEALING SPACE COURSE

To 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 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 and spiritual 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

- Presence
- Working from the heart
- Compassion
- Boundaries, ethics and energetic protection
- 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

## 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.

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## 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 Yoga Sustras of Patanjali \* – ideally the translation by Mukunda Stiles, but if you have another version, that is OK.

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

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



## COURSE RESOURCES

Resources will include: Some handouts, Illustrations, Leaflets etc. Audio, Video, Book extracts and publications from various cancer support organisations, Personal reflections and your practice diary. This is a highly reflective and interactive course and we try to encourage you not to get too attached to pieces of paper.



As much as possible Healing Space is **paper free**. All materials are available permanently online via our online course. You are free to download and print these if you wish, but we would encourage you to save the paper if you can!

## 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>

## 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.

## CONTINUING CERTIFICATION

Post qualification, you will be asked to sign the Healing Space code of conduct in order to go on the teachers' register. Ideally, you are requested to have a minimum of one annual 1 to 1 supervision meeting. This can be done by Skype, or telephone or in person with either Jude (course director) or one of the Healing Space graduates. The cost will be around £45. If you have your own supervisor, then you may choose to fill out a declaration each year that says you are fulfilling this requirement.

## COURSE DURATION AND TIMES

The residential course will meet over Five days between 7 am and 8 pm with a flexible timetable according to meal and adequate rest times. The online course modules 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 TEAM

**COURSE DIRECTOR**  
JUDE MURRAY, MA, IYN YOGA ELDER, YOGA ALLIANCE PROFESSIONALS UK SYT  
(SENIOR YOGA TEACHER)

Jude is a healthcare chaplain, senior yoga teacher and therapist, complementary therapist and [Anam Cara](#), with thirty years' experience as a teacher, trainer and group-work facilitator in the public and voluntary sectors and in private industry. She has been offering Yoga classes and workshops since 2004 and has been course director on [Healing Space](#) since



2011. She is a senior teacher of [Embodied Yoga Principles](#) and a certified embodiment facilitator. Jude has worked extensively in acute, palliative, integrative and community cancer care settings. Her experience has brought her into contact with people who are either recovering or receiving active treatment for many types of cancer and are receiving a range of treatments including chemotherapy, radiotherapy, stem cell transplants, hormone and targeted therapies as well as various scans, tests and invasive procedures. Jude has an in-depth understanding of the impact of these treatments and their side effects, and has completed studies in cancer biology and clinical oncology. She continues to research and learn.

**COURSE TUTOR**  
RICHARD HARDING BA, BSC, YOGA ALLIANCE PROFESSIONALS  
TEACHER, REGISTERED PARAMEDIC PRACTITIONER

Richard is a Yoga and Movement facilitator (RYT200, member of Yoga Alliance) and bodyworker specialising in Arun Conscious Touch; an artist, musician and gardener. He is passionate about consciousness, the body, its anatomy and ecology. His journey traverses the arts and sciences and ranges from dance training and performance, BA Hons Fine Art



Painting, to medicine working as a Paramedic Practitioner in the NHS, (BSc Healthcare practice- Paramedic Practitioner). In 2001, he lived and trained in with Min Tanaka (Butoh dancer/farmer) at Bodyweather Farm, and DANCE Resources on Earth, Japan. His research, teaching and caring practices span 25 years. The Yoga has been influenced by the teachings of Vanda Scaravelli. He has recently become interested in Yoga Nidra, a practice that addresses the practitioner directly, and with scientific evidence, to the neurophysiology of consciousness. Through these practices, we can access various altered-states recordable as 'brain waves' that can, in turn illuminate and invite space for healing.



## ASSISTANT TUTOR

JULIETTE GRAY



Juliette is a Registered Yoga Teacher (200hrs) with Yoga Alliance in Ashtanga Vinyasa and Vinyasa Flow having completed her teacher training with Samyak Yoga in India. She is a certified Healing Space Yoga for Cancer teacher offering holistic yoga to people living with cancer both during and after treatment and is also qualified in pre-natal yoga for mums to be. Her most recent training has been in scaravelli-inspired yoga.

Juliette manages course admin and tutorials for the online Healing Space course.

## 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. Insurance is obtainable via Balens or BGi. The course is valid for CPD and continuing education points with most membership organisations who require them.



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 or Juliette (course admin) may follow this up with a telephone call or, Skype call if required, at a mutually arranged time, to discuss your application. If your application is successful, you will receive a confirmation by e-mail at which time your deposit for the course, or in the case of the online course, full payment, will be payable.

Website: [www.myhealingspace.org.uk](http://www.myhealingspace.org.uk)

Intensive course dates and details: <https://myhealingspace.org.uk/course-dates/>

Online course: <https://healing-space.teachable.com>

Email address: [healingspacecourse@gmail.com](mailto:healingspacecourse@gmail.com)

Course admin (applications and course joining info) [Juliette\\_gray@hotmail.com](mailto:Juliette_gray@hotmail.com)