

Research in Yoga for Cancer Care—Trends (Advancing Yoga in U.S. Cancer Care: Addressing the Barriers)

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THE INTERNATIONAL ASSOCIATION OF
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Barriers to Yoga in Cancer Care

Availability:

1. Inconsistent quality of yoga research to inform national clinical practice guidelines, making it hard to replicate
2. Absence of evidence-based best practices in oncology yoga; dosing needs study; long-term follow-up to study durable response

Awareness:

3. Low public awareness of the benefits of yoga during and after cancer treatment
4. Cultural and attitudinal influences intersecting with beliefs about yoga



Barriers to Yoga in Cancer Care (cont.)

Accessibility:

5. Limited patient access to safe, affordable yoga therapy
6. Absence of nationally recognized, medically vetted training programs for yoga professionals working with vulnerable medical populations, including people with cancer and those with metabolic syndrome and comorbid conditions

Affordability:

7. Inadequate payment and reimbursement models for yoga therapists and teachers, as well as patients

