

Movement-Based Therapies: Resources										
RESOURCE NAME	SLIDE #	RESOURCE TYPE	RESOURCE URL							
Tai Chi Video Series	10	Website	https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/multimedia/tai-chi-video-series							
About Mind-Body Therapies	10	Website	https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/mind-body							
QiGong for Cancer Patients	13	Youtube	https://www.youtube.com/watch?v=KcdcqW27RUs&ab_channel=MDAndersonCancerCenter							
Qigong for Cancer Survivors: Patient Experiences	13	Youtube	https://www.youtube.com/watch?v=LP5ulen3ll8&ab_channel=MemorialSloanKetteringCancerCenter							
The Johns Hopkins Kimmel Cancer Center Presents: Yoga Nidra	30	Youtube	https://www.youtube.com/watch?v=42fa1BG_MtM&ab_channel=JohnsHopkinsMedicine							
The Johns Hopkins Kimmel Cancer Center Presents: Centering Meditation	30	Youtube	https://www.youtube.com/watch?v=o8vsZQW0BbU&ab_channel=JohnsHopkinsMedicine							
Managing Fatigue & Building Gentle Strength with Bed-Bound Therapeutic Yoga - Living Yoga Therapy	30	Youtube	https://www.youtube.com/watch?v=YCScDj1l_BI&ab_channel=RaqueIllexForsgren							
Tai chi helps breast cancer survivors with insomnia UCLA Health Newsroom	31	Youtube	https://www.youtube.com/watch?v=G-nNPJb73P0&ab_channel=UCLAHealth							
Chinese Qigong enters Brussels hospitals	32	Youtube	https://www.youtube.com/watch?v=nMkktTn3eas&ab_channel=NewChinaTV							
Medical staff practice qigong with coronavirus patients in Wuhan	32	Youtube	https://www.youtube.com/watch?v=sQV-UGM-bHs&ab_channel=NewChinaTV							
Yoga Alliance	34	Website	https://www.yogaalliance.org/Become_a_Member/Teachers/The_Path_of_an_RYT							
Tai Chi and Qigong Certification Requirements	36	Website	http://americantaichi.org/applicationRenewal.asp							
American Tai Chi and Qigong Association Certified Instructors	36	Website	http://www.americantaichi.net/TaiChiQigongClass.asp							

Qigong China Study Tours Part 3 - Guigen Water Element Qigong-Xiyuan Hospital Beijing	37	Youtube	https://www.youtube.com/watch?v=q79Hi167hHE&ab_channel=simoblowqigong						
VA nurses empower Veterans with yoga and guided meditation	47	Website	https://news.va.gov/78287/va-nurses-empower-veterans-yoga-guided-meditation/						
<u>#LiveWholeHealth: Get Moving from Your Chair</u>	47	Youtube	https://www.youtube.com/watch?v=BQ-B8hpPgk&ab_channel=U.S.Dept.ofVeteransAffairs						
<u>#LiveWholeHealth: Lower Body Chair Exercise</u>	47	Youtube	https://www.youtube.com/watch?v=049Ti9FNUg8&ab_channel=U.S.Dept.ofVeteransAffairs						
Whole Health Qi gong video	47	Youtube	https://www.youtube.com/watch?v=PVxBzGO_poY&t=138s&ab_channel=VeteransHealthAdministration						
AT EASE: Veteran Led Tai Chi	47	Youtube	https://www.youtube.com/watch?v=bhGQLUzYM7Y&ab_channel= FayettevillePublicTelevision						
Veterans Tai Chi for Pain and Stress	47	Youtube	https://www.youtube.com/watch?v=FqkQqcSK1TY&ab_channel=EducationforRuralandUnderservedCommunities						
Movement-Based Therapies: Evidence Table	53	PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/09/Movement-Therapies-Evidence-Table.pdf						
Grading Confidence of Recommendations		PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/12/Grading-Confidence-of-Recommendations.pdf						