

PUBLISHER International Association of
Yoga Therapists
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GRAPHIC DESIGNER Ken Wilson
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Yoga Therapy Today is published in the Spring, Summer, and Winter.

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IAYT supports research and education in Yoga, and serves as a professional organization for Yoga teachers and Yoga therapists worldwide. Our mission is to establish Yoga as a recognized and respected therapy.

MEMBERSHIP

IAYT membership is open to Yoga practitioners, Yoga teachers, Yoga therapists, Yoga researchers, and healthcare professionals who utilize Yoga in their practice.

MEMBER BENEFITS

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- Subscription to *Yoga Therapy Today*
- Access to IAYT's research resources and digital library
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Email a query or completed article to: YTTeditor@iayt.org. *Yoga Therapy Today* relies on submissions from the membership. Please submit reports and articles on training, views and insights relating to the field and profession of Yoga therapy, as well as on integrative practices and business practices. Request writer guidelines from editor. Articles are reviewed and accepted on a rolling basis and may be submitted at any time.

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ENVIRONMENTAL STATEMENT

This publication is printed using soy-based inks. The paper contains 10% recycled fiber. It is bleached without using chlorine and the wood pulp is harvested from sustainable forests.

The Heart of it All



The focus of the Spring issue of YTT was research and how it's helping to bring Yoga and Yoga therapy into our culture and integrate it into our healthcare system. Most of us recognize the value of research in Yoga and support its efforts. Though we might also say, "Well, of course, we don't need to be convinced about Yoga, we know it works. And the heart of Yoga can never be measured anyway." And so, in this issue, I thought it would be a nice balance to take a look at the heart of Yoga and what it means to "keep the Yoga in Yoga therapy," mentioned by John Kepner, IAYT's executive director, in the Spring issue.

All of our contributors this month have touched in various ways upon the mystery at the heart of Yoga, whether they are describing their own experience of it, the philosophy explaining it, how to help others come closer to it, or how we can keep this present in our professional practice so that we serve it. Playfulness and humor, meditative practices, emotional regulation, opening up to stillness and to love, keeping our attention on what's truly important in life—these are all beautifully explored in this issue.

It seems to me that this is what keeps the Yoga in Yoga therapy; this is what keeps Yoga perennially fresh, alive, and available in every moment. Enjoy!

Yours,
Kelly



SD3

Cartoon courtesy of Sophie Birch-Bridges
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