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Email a query or completed article to: jdeife@iayt.org. *Yoga Therapy Today* relies on submissions from the membership. Please submit reports and articles on training, business, practice, views and insights of the field and profession of Yoga therapy. Request writer guidelines from editor. Articles are reviewed and accepted on a rolling basis and may be submitted at any time. You may also contact Julie Deife, editor, by mail at: P.O. Box 867, Corrales, NM, 87048.

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ENVIRONMENTAL STATEMENT

This publication is printed using soy-based inks. The paper contains 30% recycled fiber. It is bleached without using chlorine and the wood pulp is harvested from sustainable forests.

No challenge too big



You've probably never seen a military officer on the cover of a Yoga publication and it may be a while before you see one there again. But let's give credit where credit is due. The military has always been in the forefront of high tech medical advances—much of today's emergency room medicine is a product of innovation that took place to address the wounds of war.

We're used to high tech military innovation—from digital imaging to nuclear medicine. And recently the military has even been bringing the softer side of care, including Yoga practices, to the treatment of posttraumatic stress disorders. But it has never until now so clearly brought Yoga into the realm of its treatment regimens for both soldiers and their families, as you'll learn in the issues' feature article "Our Best Defense," by Nancy O'Brien.

"Our Best Defense" is the story of a dramatic innovation involving Yoga and "medical homes" at the acclaimed Bethesda Naval Medical Center in Bethesda, Maryland. Ms. O'Brien has managed to make a very complex story about mind-body medicine and the "medical homes" concept simple. When you read this article take time to imagine the sweeping changes that could seep into the civilian sector as a result. In "medical homes" we have innovation with adaptive and long-range capacities for settings outside the military in community, private, and corporate health. Attitudes of openness toward alternative and complementary medical modalities, including Yoga as adjunct treatments to conventional medicine, are welcomed.

No less important than innovations in the delivery and mix of healthcare services is how we reach the youth of today. An area of Yoga education and therapy that has been spreading for a while within the population at large, is Yoga for teens. You'll find two articles in this issue offering insights on Yoga practice with this difficult-to-reach group, addressing not only the physical, but also the emotional and behavioral elements that are so challenging yet so critical to healthy development.

The three articles mentioned above offer hope for the future at a time when the tendency is to view with despair the direction the world is heading. If Yoga can help affect cultural change within the military and also forge a connection with teens, other "big" challenges may be small by comparison.

In Service,
Julie Deife