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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.

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- Subscription to the *International Journal of Yoga Therapy*
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### Authors

Email a query or completed article to: [jdeife@iayt.org](mailto: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. Brief articles should be 800–1000 words; feature articles should be 1500–2500 words. Articles are reviewed and accepted on a rolling basis and may be submitted at any time.

### Interviews and Reviews

YTT interviews leaders in the field of Yoga therapy and reviews innovative training materials, professional resources, and training programs. Send nominations and contact information to: [jdeife@iayt.org](mailto:jdeife@iayt.org). You may also contact Julie Deife, editor, by mail at: Post Office Box 867, Corrales, NM, 87048.

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## ENVIRONMENTAL STATEMENT

This publication is printed using soy-based inks. The paper is manufactured from wood pulp harvested from sustainable forests.

## Yoga from Text to Teacher



We in Yoga have the privilege and satisfaction to know that ancient Yogic texts provide explanations for many of the decisions we make about life. The texts can also guide us on the decisions we will make about the path Yoga itself takes.

In this issue you'll have the opportunity to reflect on the path of Yoga through two articles on the topic of regulation of Yoga. One is an overview piece by Patricia Kearney on what effects licensing has on Yoga therapy training programs in those states that already require it. The other article on regulation is by Leslie Kaminoff who makes a case that licensing is contrary to the very meaning of Yoga and is therefore wrong. We need to consider what Yoga has to say about the rightness or wrongness of regulation as we form opinions around this issue. What did the great teachers leave behind in words and actions to help us with this problem?

Nicolai Bachman, in 'Sanskrit and Yoga for Yoga Therapists,' defines Yoga as "a philosophy and a way of life," and he reminds us that the language through which the teachings have been conveyed is that of Sanskrit. As part of the standards dialogue, we need to consider how knowledgeable today's Yoga therapists and teachers should be in the language of Yoga.

In our cover article, 'Dick's Story,' we read that what evolved over the years between Robin Rothenberg and her student Dick, was a partnership. What started as a healing experience became a spiritual journey as he studied the texts, encouraged by Robin, and learned the broader implications of the practice.

As the discussion progresses (and it is) about what Yoga and Yoga therapy are, what standards should be applied to training of teachers, and whether or not to support state regulation of Yoga teacher training programs, I hope that each of us can locate within Yogic literature our basis for the opinions we have and the decisions we make or recommend. The hope is that who we are and the way we teach and what is taught will always be informed by Yoga and not by the trends of the moment or the mandates of the day.

In service,  
Julie Deife

## Correction

The best website listing corresponding to the article "Yoga Meets the Mental Health Mainstream" pg. 26 in the June 2009 issue of *Yoga Therapy Today* is [www.haveahealthymind.com](http://www.haveahealthymind.com) rather than those that were listed.