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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

- Subscription to the *International Journal of Yoga Therapy*
- Subscription to *Yoga Therapy Today*
- Access to IAYT's research resources and digital library
- Professional recognition through IAYT's online listings and an IAYT membership certificate
- Discounted registration at IAYT events

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HOW TO SUBMIT TO YOGA THERAPY TODAY

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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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This year, IAYT put on two conferences in the same month on opposite sides of the country: SYTAR, our membership conference and SYR, our research conference. I had the privilege of attending both and would like to share a few personal impressions before outlining some of what awaits you in this special conference issue.

The sheer presence of hundreds of people coming together from all over the world with the common goal of advancing the depth and reach of yoga therapy was, above all, deeply inspiring. But the unexpected part of this exuberance was that it was engendered as much by the attendees as by the presenters—all those connections and contacts, the camaraderie and collegial atmosphere, gave one the sense of being part of something tremendously exciting and profoundly important. There is energy in numbers, and while the scope and breadth of presentations at these conferences was deeply compelling, there was also a common aim—forging the future of yoga therapy—that left me feeling very much a part of history in the making.

Let me set aside prose for a moment and list some of the feelings and impressions that the conferences left me with:

It was exhilarating to participate in the Common Interest Community session among people with such integrity and intelligence; I loved the overwhelming sense of goodwill between people, the level of scholarship, the way people put their heart and soul into this effort; I appreciated how so many brilliant minds and good hearts are working together toward the same goal, yet from many different perspectives; I felt grateful for the conferences' providing a forum for discussion and learning, for this great opportunity to think, feel, and debate points of view; and it gave me great joy to be part of a group of veterans and novices who were equally at home and bound by a common love of yoga.

One more impression worth sharing is that both conferences were beautifully choreographed, flowing seamlessly from start to finish. Having worked a little behind the scenes myself, I wish to thank the many people whose enormous effort and uncountable hours of hard work made this happen.

In this issue, you will read several different conference reports and perspectives, commentaries on the state of yoga research and its connection to yoga therapy, how yoga therapy is progressing in Australia and India, an in-depth discussion on the bridging of yoga therapy and research, two learned and informative interviews, an inside look at teaching yoga in a research study; and practical advice on cultivating daily practice.

I hope you find these articles inspiring and thought-provoking. And be sure to check out IAYT's digital resources library, where several speakers have uploaded their presentations. **YTT**



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