

Cover Story

- 21 **Dick's Story**
*"Just give me three things," I remember him telling me.
"If you give me more than that, I won't be able to do it."*
by Robin Rothenberg

onStandards

- 5 Sanskrit and Yoga for Yoga Therapists
by Nicolai Bachman

onTraining

- 7 Benefits On and Off the Mat
LifeForce® Practitioner Training
by Felicity Boyer

onRegulation

- 11 Effects of State Licensing Requirements Vary
for Yoga Teacher Training
by Patricia Kearney
- 17 A Declaration of Independence for Yoga Educators
Defending our right to teach about freedom
by Leslie Kaminoff

onSeasonalPractices

- 25 Therapeutic Applications of Yoga Practices
for Winter
by Patricia Hansen, MA, ERYT

InterView

- 27 David Riley, MD, Integrative Medicine Practitioner
by Julie Deife

onMedia

- 31 Books:
Yoga for Pain Relief, reviewed by Robin Rothenberg
Boomer Yoga, reviewed by Philip Goldberg
- Of Note on the Web:
YogaMedicalNewsDaily.com

onResearch

- 33 Yoga of Awareness Program for Menopausal Symptoms in
Breast Cancer Survivors: Results from a Randomized Trial.
by Kelly McGonigal, PhD

onMembers

- 35
- IAYT Reaches Out
 - Medical Clinic Launches Initiative to Support Evidenced-Based Yoga Therapy
 - Helping IAYT Thrive is Worth the Effort
 - \$3000 Scholarship Goes to San Francisco Woman

