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The first IAYT Symposium on Yoga Therapy and Research (SYTAR) took place on January 18-21 in California at the Los Angeles Airport Hilton. Over 800 people from around the world convened for four days of panel discussions and practice sessions. Presenters included physicians, research scientists, yogis and noted leaders in the emerging field of Yoga Therapy, including our own Swami Ramananda.

IAYT's founders, Larry Payne and Richard Miller conceived the organization twenty years ago, while traveling in India. Little did they imagine IAYT would grow to this size. Clearly, the national crisis in health care and the public's increasing willingness to explore alternative therapies make this time ripe for the field of yoga therapy.

Much discussion focused on the topic of Yoga as an emerging complementary and alternative medicine profession (CAM). Is it necessary for yoga therapists to be licensed? Is it inevitable? What is the difference between yoga as a 'therapy' and 'yoga therapy' as a profession that is clinical? The discussion is just beginning on this complicated and multi-faceted issue. The therapeutic application of yoga is eclectic, drawing on many different lineages. How these diverse methodologies become standardized, which some believe is inevitable if we go forward as a CAM discipline, remains to be seen.

Integral Yoga was well represented by Nischala Joy Devi and Swami Ramananda. Nischala presented an experiential segment on Yoga Sutras for Heart Health. Ramananda delivered a workshop in conjunction with Gyandev McCord on working from the gross to subtle levels of being in support of healing. The International Association of Yoga Therapists is an organization worth joining if you are interested in the emerging field of Yoga Therapy. Visit their website at: [www.IAYT.org](http://www.IAYT.org).