

From: Larry Payne, 2/27/16

RE: Yoga Alliance, Yoga Therapy Rx and IAYT

Dear Students & Faculty,

Thank you for waiting patiently for my response to the recent announcements by the Yoga Alliance regarding the use of the term Yoga Therapy and other related words.

As a founding father of Yoga Therapy in America and the co-founder of the International Association of Yoga Therapists with Richard Miller Ph.D., I have done a lot of contemplation before responding. I have spoken to many of you personally, held dialogues at some of our weekend classes, met with the LMU Extension staff and, most recently, had private meetings with key representatives of the Yoga Alliance.

**For those of you currently in YTRx Levels I & II -- caught in the middle of the YA policy change -- your RYT500 credential will be honored. Of course, you must still follow the YA guidelines. This is a wonderful example of building bridges and not walls.**

This is also an historic moment in Yoga: one organization, YA will now solely focus on supporting and credentialing Yoga teachers and, the other, IAYT will focus on the same for Yoga therapists.

There are many international organizations supporting the field of Yoga Therapy including The British Council of Yoga Therapy, The Australian Association of Yoga Therapists and a number of organizations in India. In addition, there is a lot of recent activity in the U.S. involving the name "Yoga Therapy." The largest medical school in the United States at Wayne State University has added Yoga Therapy to its curriculum. Also offering Yoga Therapy are Maryland University of Integrative Health (MUIH); the National Institute of Health (NIH); and The National Center for Integrative Health (NCCIH). And finally, the March issue of the Yoga Journal has a positive article on Yoga Therapy in America! <http://www.yogajournal.com/article/health/western-doctors-prescribing-yoga-therapy/>

I stand committed to support the title of Yoga Therapy, our YTRx program at LMU, The Samata credentials program for graduates of YTRx [http://www.samata.com/?page\\_id=68](http://www.samata.com/?page_id=68); and the YTRx eligibility for the new 800/1000 hour IAYT credentials program C-IAYT <http://www.iayt.org/?page=certification>.

Here's to the great future of Yoga Therapy – and to ever deeper savasana!

Namaskaram,

Larry