



Recently, I've been talking often with friends and colleagues about where and how we think yoga therapy could be provided in the future, about job prospects for graduates of accredited programs, about what our professional lives might look like next year, or 5 or 10 years down the road. The environment may vary based on who you ask, but I view the overall landscape as both wide-open and diverse, as reflected on this issue's cover.

Calls for intelligent integration with other modalities continue, and many yoga therapists clearly are working in this way. Business of Yoga Therapy contributor and super-organizer Linda Lang says our future depends on creating advocates among the ranks of other healthcare professionals. Research efforts have been underway for many years through organizations such as The Yoga Institute, celebrating its centennial (see page 6). The task of translating both our diverse methods—and the mechanisms behind them—to consistently reportable platforms is further along than many realize (two recent must-reads are Park et al.¹ and Sullivan et al.²). That work continues in this magazine with pieces like Julie Staples' discussion of the science behind mantra on page 14.

We'll also need to consider objective ways to capture both our clients' concerns and their progress, so examination of our assessment tools is essential. Earlier this spring, *YTT* convened a small group to consider how practice setting and background influence evaluations in yoga therapy, and what steps lie ahead for the field; I hope you find our roundtable discussion, beginning on page 26, thought-provoking. And Grace Jull's piece (page 32) elegantly articulates from a unique angle some of the very questions raised in that forum. Assessment in yoga therapy is a key issue we'll return to here, as well as at this year's Symposium on Yoga Therapy and Research with a common interest community (CIC) session. These breakout groups offer opportunities to connect with peers you might not otherwise meet and are therefore a great place to begin dialogues and learn new perspectives.

IAYT's "other" publication—the *International Journal of Yoga Therapy*—offers a different sort of integration as its contributors bring yoga into the research literature. (The article by Crystal Park and colleagues, mentioned above, is a great example.) The journal has been one of the world's most recognized sources for high-quality yoga studies for more than 25 years. And because I'm privileged to assist with getting those manuscripts to press, I know first-hand how *IJYT*'s peer-review process contributes to the presentation of unbiased data that further the science behind yoga therapy's mechanisms and effects.

Peer review for this magazine—and the organization's other materials—has always taken place, too, but usually on a less formal basis. The creation of a new advisory council is a chance to recognize some of the individuals to whom we regularly turn for input and guidance. I'm so pleased that the illustrious group listed on page 2 has agreed to consult with me and with other members of the IAYT communications team on content for *Yoga Therapy Today*.

The group will also provide advice and content for yogatherapy.health, IAYT's newly launched website to help educate the public about our profession. The site remains a work in progress but will also be relevant to other healthcare providers who might refer to or hire yoga therapists. It will also eventually include

information of interest to others who might look to yoga therapy's potential to help meet their needs (third-party health insurers, policymakers, even employers looking to improve their workers' well-being).

One of the yogatherapy.health features I'm most excited about is "find a yoga therapist," which will link viewers to IAYT-certified yoga therapists. Be sure your iyat.org profile is up-to-date and showcases your talents and approach! You might want to have a look at Laura Kupperman's article on page 22 for a few pointers first—check out her key distinction "promoting yourself vs. offering a solution."



It can be tough when there's so much worthwhile work to be done, but we tried to find balance during a recent IAYT meeting. Members of the certification staff and committee practice what they preach, front to back: Bev Johnson, Clare Collins, Shaun Wilde, Beth Whitney-Teepie.

We frequently call upon members of the larger IAYT advisory council for guidance, too—you'll find them listed on iyat.org under the About menu. In fact, all of IAYT's efforts are substantially supported by generous volunteers like these. This was brought home for me at a staff and committee meeting convened in Austin in March, when about 20 of us enjoyed a rare chance to work together in person over a long weekend at Ancient Yoga Center. I know how many hours I and the other members of the small group of employees put in, but it was good to be reminded that the crucial work of program accreditation and individual certification wouldn't be possible at all without the thousands of hours donated annually by the volunteers who serve on these committees. **YTT**

With gratitude for all of your varied contributions and our promising future,
Laurie

1. Park, C. L., Elwy, A. R., Maiya, M., Sarkin, A. J., Riley, K. E., Eisen, S. V., . . . Groessl, E. J. (2018). The Essential Properties of Yoga Questionnaire (EPYQ): Psychometric properties. *International Journal of Yoga Therapy* [epub ahead of print]. doi: 10.17761/2018-00016R2

2. Sullivan, M. B., Moonaz, S., Weber, K., Taylor, J. N., & Schmalzl, L. (2018). Toward an explanatory framework for yoga therapy informed by philosophical and ethical perspectives. *Alternative Therapies in Health and Medicine*, 24(1), 38–47.