

Editor's Note



How well do you see? Not in terms of your optometric prescription, but rather the accuracy of your perceptions of the world around and within you as you ebb and flow with relationships, work, and play? In yoga, when someone or something shines light on a situation, we might refer to our “guru” dispelling darkness to bring clearer vision. When we begin to recognize the *kleshas* and habits—unskillful thought patterns—that block us and dim our perception, sticky ruts in the road can be transformed into grooves that ease our way.

Considering *vasanas*, *samskaras*, and emerging information on epigenetics points to one area where the intersection between Western and yogic science may be clearer than many. Adverse childhood experiences (ACEs) are likely more prevalent—and damaging—than previously thought, and Matt Erb and Kristine Weber make a strong case for yoga therapists to develop their knowledge of ACEs to help clients transform *samskaras* and see more clearly. The vision they recommend, beginning on page 36: Look back, but don't stare.

There's not always a direct correlation between Western and yogic science, of course, and I'm not so sure about the long-term utility of trying to draw these comparisons too tightly. (At the very least, if we choose to go there we need to be prepared to work transparently with whatever we find.) Still, if we're open to receiving, other disciplines have much to offer yoga therapy in terms of crystallizing the field's vision. One of my own gurus, Diane Finlayson, suggests looking to the example of acupuncture as yoga therapy interacts more closely with the healthcare system (see pg. 40). And her take on the utility of ayurvedic assessment tools represents another way to see the whole picture our clients present.

Whether a pattern constitutes a groove or a rut depends on how we navigate the journey through it. Are we moving skillfully or being dragged along heedlessly by circumstance? Language certainly shapes not only our perceptions but also our experiences, and on page 32 Sierra Wagner, with psychotherapist Julie Barr, offers practical reminders for mindfully choosing our words. Likewise, Charlotte Nuessle invites us to take a close look at the signals emanating from our own nervous systems and apply the wisdom born of this awareness to our work with clients. I hope you'll set aside some quality time with her article (pg. 28).

I also hope you enjoy revisiting—or viewing anew—this year's Symposium on Yoga Therapy and Research (SYTAR) and the Meeting of Schools through the clear eyes of Durga Leela and Montserrat Mukherjee, respectively. (If you've not yet attended SYTAR, mark your calendar for 2019; we're working on programming now, and the next conference is sure to both inspire and enlighten once again!) Our reports, which begin on page 14, are necessarily individual perspectives on these events. Importantly, though, I hope these summaries—and those of other relevant conferences—offer both a taste of what IAYT members might expect from their own attendance and points for clarifying reflection.

Finally, photographer Andrea Killam documented the vibrant energy at this year's SYTAR with an especially discerning eye. You'll see her gorgeous images of attendees throughout this issue, including on the cover, and in other IAYT publications in the coming months.

Wishing us all the joys of ever-clearer vision, **YTT**
—Laurie

Cover: Collage illustration by Ken Wilson, IAYT art director
Photos by Andrea Killam

Correction: Two presenter bios were listed incorrectly in the SYTAR program guide. As IAYT grows as an organization, we are committed to learning from our mistakes and are instituting new editorial processes. Nevertheless, we regret the errors and would like to take the opportunity to honor these accomplished professionals, whose correct information is as follows.



Marsha Danzig, MEd, RYT 500, C-IAYT, was given death rites at the age of five. She is a childhood cancer survivor, leg amputee, congestive heart failure survivor, kidney transplant recipient and founder of Yoga for Amputees, voted by Do You Yoga as one of the top 13 Adaptive Yoga programs in the United States. As an author, memoirist (*From the Roots*), speaker, movement therapist and yoga specialist she has been featured in *Good Housekeeping*, *Yoga Journal*, and *Oprah Magazine*. Extremely grateful to be alive, she is a passionate flamenco dancer. Her website is www.yogaforamputees.com



Madoka Chase Onizuka, MA, JYTS Certified Yoga Therapist, is currently International Coordinator for the Japan Yoga Therapy Society (JYTS). She was raised and educated in both Japan and the United States, and completed her MA in International Public Policy with a focus on international human rights law in 1997. She began meditation in 1996 and yoga in 2003, studying several modern styles of yoga as well as traditional Raja Yoga under JYTS President Keishin Kimura. She was certified as a yoga therapist by JYTS in 2010. She taught yoga and meditation for about 11 years at yoga studios in Tokyo and offered private yoga therapy sessions. Since 2017, her work has focused primarily on international networking and building JYTS's relationships with yoga therapy organizations around the world.