

## 4 Editor's Note

## 6 Member News

- 6 In Gratitude: Dilip Sarkar, MD, CAP, C-IAYT, Immediate Past IAYT Board President, *by Amy Wheeler*
- 6 IAYT at the Table to Address Pain Policies, *by Matthew Taylor*
- 6 Veronica Zador Honored in China
- 8 Canadian Physiotherapy Association Offers Yoga Therapy Course  
*By Shelly Prosko*
- 8 IAYT Visits Maryland Proton Treatment Center, *by Laurie Hyland Robertson*
- 8 A New Sponsorship: International Congress on Integrative Medicine & Health, *by John Kepner*
- 8 IAYT Certification News, *by Beth Whitney-Teeple*

## 10 Conference Corner

- 10 Texas Yoga Conference: Yoga for Health Training, *by Nathalie de Meyenburg*
- 12 Meeting of the Association of Academic Psychiatrists, *by Loren Fishman*
- 52 International Congress on Integrative Medicine & Health  
*By Laurie Hyland Robertson*

## 14 SYTAR Reports

- 14 Moving Toward Expansion, Integration, and Freedom, *by Durga Leela*
- 18 Meeting of Schools 2018, *by Montserrat G. Mukherjee*

## 22 Science for the Yoga Therapist

- 22 Don't Empty Your Lungs! *by Camille Freeman*

## 24 Professional Development

- 24 Building the Business of Yoga Therapy

## 28 Yoga Therapy in Practice

- 28 Discover Your Nervous System's Rhythm and Movement  
*By Charlotte Nuessle*
- 32 Let's Talk About Shame, *by Sierra Wagner with Julie Barr*

## 36 Features

- 36 Why Adverse Childhood Experiences Matter, *by Matt Erb and Kristine Weber*
- 40 The Role of Ayurvedic Assessment in Yoga Therapy, *by Diane Finlayson*

## 44 Perspective

- 44 Reflections on Yoga Therapy with Disadvantaged Populations  
*By Catherine Justice*

## 48 Media Reviews

- 48 Restore and Rebalance: Yoga for Deep Relaxation  
*By Judith Hanson Lasater, Review by Molly McManus*
- 48 Yoga Therapy as a Creative Response to Pain  
*By Matthew J. Taylor, Review by Christine Carr*
- 49 A Journey into Yin Yoga  
*By Travis Eliot, Review by Michelle Pietrzak-Wegner*
- 49 Yoga Therapy for Parkinson's Disease and Multiple Sclerosis  
*By Jean Danford, Review by Robin Rothenberg*

