



Have you heard about artist Sam Van Aken's Trees of 40 Fruit? These living sculptures, created by grafting and pruning, have much in common with contemporary yoga therapy and inspired our Summer cover. The trees are also both conservation and research project, preserving uncommon heirloom fruit varieties and, hopefully, starting conversations wherever they appear.

Although I may be a bit biased, I think you'll find that this issue of *Yoga Therapy Today* contains a sweet diversity of food for thought as well as plenty of conversation starters. Inside are not only a recap of June's forward-looking Symposium on Yoga Therapy and Research (reports begin on pg. 22), but also foundational pieces that will no doubt inform many future discussions.

In their important article on the language of yoga therapy (pg. 44), Ananda Balayogi Bhavanani, Marlysa Sullivan, Matthew J. Taylor, and Amy Wheeler offer intelligent starting points for considering our dialogue with different audiences. As they acknowledge, the profession's varied approaches "naturally [create] a tension as we must make some generalizations while trying to communicate effectively with novices to yoga." They recommend a "common language to present yoga therapy" that includes accurately and appropriately articulating key biomedical concepts to clients and other stakeholders in our services.

Chronic pain is one such concept, and to help us understand current pain science from the perspectives of biomedicine, psychology, and yoga, Neil Pearson, Lisa Pearson, and Erin Byron offer the first article in a new Science for the Yoga Therapist series (pg. 30). Kristine Kaoverii Weber sheds light on the differences between integrative health and integrated care (pg. 39), and Schuyler Bright and Irene Hauzinger discuss including qualitative measures in research through the lens of their work in correctional settings—see page 36.

When we get the basics right, fruitful collaborations like the one yoga therapist Ann Meara enjoyed can result. Beginning on page 41, read about the public-school project she initiated with her colleagues special educator Colleen Koulentes and speech-language pathologist Rachel Rescorl.

Though there's lots more to enjoy on the following pages, one final piece to note here is "Compassionate Leadership in Yoga: The Skills We All Need Now" (pg. 48), by a co-executive director of the Yoga Service Council. Pamela Stokes Eggleston explains that corporate leaders are often overlooked based on the false premise that constant busyness means greater productivity. Each of us can cultivate the antidotes found in compassionate leadership principles starting right now.

As we heard at SYTAR, many opportunities to bring our unique skills to diverse populations are on the horizon for the months and years ahead. In this spirit, art director Ken Wilson created the past year's tree cover images to symbolize the growth and maturation of the profession of yoga therapy. Much work remains to be done, of course, but it's so helpful to pause and savor the varied ways in which our practices bear fruit for ourselves and for clients. **YTT**

—Laurie

*I choose to risk my significance,  
to live so that which came to me as seed  
goes to the next as blossom,  
and that which came to me as blossom,  
goes on as fruit.*

—From a poem by author and psychotherapist  
Dawna Markova

## Make a gift with global impact.

We are quietly fundraising for a very important project:  
**The International Association of Yoga Therapists  
Certification Exam**

Creating an exam is the next step in the maturation of yoga therapy as a recognized and respected profession. Once established, the exam will be required of all new C-IAYT applicants. (Current C-IAYTs, unless they've allowed their certification to lapse, will not have to take the test.)

In January 2019, after a 2-year review of options, we partnered with the test-development firm Kryterion to design and initiate the certification exam. Volunteer subject matter experts drawn from IAYT's membership will be engaged throughout the process to ensure that the exam represents the appropriate body of knowledge and is a reliable and defensible measure.

**To accelerate the exam's development, IAYT has set a fundraising goal of \$20,000.  
Donations of any size are gratefully accepted via the DONATE button on any page of [iyat.org](http://iyat.org)!**