



This issue marks the 10th anniversary of *Yoga Therapy Today*, which continues earlier publications including *Yoga Therapy in Practice*. This year also marks IAYT's 30th anniversary, a fact we're eager to celebrate at June's Symposium on

Yoga Therapy and Research (SYTAR) by honoring the past—while looking toward yoga therapy's future. Keep reading to see how we're celebrating the present, too. And see page 8 for a note about our new Up-and-Coming Yoga Therapists meetup, which is one way we're inviting in the voices of the future.

With help from a number of talented friends, we're also documenting the history of the organization by producing IAYT's story. We'll debut this inspirational journey at SYTAR. I think the more people learn about the organization, the better equipped they'll be to help us grow and serve effectively in the years to come *and* right now.

My own present reality doesn't involve many private clients, although offering yoga therapy sessions is an incredibly fulfilling way to serve; instead, I spend a lot of time considering how I can best serve yoga therapists themselves. During a training years ago, a teacher introduced me to integrative physician Rachel Naomi Remen's profoundly useful thoughts on the difference between helping and serving. Helping, an unequal relationship, incurs debt, whereas in serving we are accomplishing our work through collaborations among inherently whole individuals. As Remen puts it,

we don't serve with our strength, we serve with ourselves. We draw from all of our experiences. Our limitations serve, our wounds serve, even our darkness can serve. . . . Service is a relationship between equals.



One of the exciting events happening in IAYT's present moment is around service, with our first-ever Seva Award, in partnership with Give Back Yoga. (Learn more below!) As part of SYTAR's celebrations of community, we'll be recognizing a service-oriented project bringing yoga therapy to an unserved population. I've been wanting to highlight the integral role of *seva*, or service, in yoga therapy practice since I began working with IAYT, so I'm thrilled that this is happen-

ing in a number of ways.

I've also been keen to continue *YTT*'s variety of engaging, timely content. When you have just a moment, dip into the shorter pieces we've been including, like this issue's debut of *The Yoga Therapist's Toolkit* (pg. 49). And don't miss Matthew Taylor and Loren Fishman's commentary on recent research that affects our field on page 24. You could find individual moments to read each of the brief but moving stories Allie Middleton has gathered (beginning on pg. 36), but together they also form a beautiful narrative about cultivating community and healing. (You may have seen an excerpt of this piece on the [yogatherapy.health](http://yogatherapy.health) blog, as we felt it was important to highlight yoga's potential role in social change and let the public know about the practices' implications off the mat.)

Do savor the longer articles when you've got more time: Learn about the statin-associated muscle symptoms at least a few of your clients are likely experiencing right now (pg. 42). Also in this issue, Uma Dinsmore-Tuli shares her take on "post-lineage yoga" in an important look at how we might productively respond to structures that precipitate abuse and injustice, including within our own yoga communities. We're all sure to have different opinions about these topics, but I'm confident you'll find them to be of value now and moving forward. **YTT**

—Laurie

## In Service: IAYT's Seva Award

At SYTAR 2019, we're honoring an up-and-coming yoga therapist who's using a budding service project to bring yoga therapy to an unserved population.

Got a great idea that needs seed money?

Or know someone who does and want to nominate them?

### The award includes

- \$1,008 cash prize
- Tuition for SYTAR 2019, plus recognition and networking opportunities at the conference
- Yoga mats from Give Back Yoga Foundation to help get your project off the ground
- And more!

Individuals or organizations may apply; the project's leader must be a C-IAYT or an IAYT member currently enrolled in an IAYT-accredited yoga therapy training program. The award will highlight a project benefiting a population that might not otherwise have access to yoga therapy; IAYT wants to recognize innovative projects that foster inclusivity and diversity in yoga therapy!

**Don't delay—applications are due May 12!**  
Visit [iayt.org/sevaaward](http://iayt.org/sevaaward) for more details and to apply.