



Those just beginning the practice may think of yoga as a means of relieving stress or obtaining a healthier body, but of course it's so much more. Our theme this issue gets to the heart of yoga—its ability to help us flawed humans transform ourselves and our systems in ways both large and small. As beings enmeshed

with a universe that's always, inexorably on the way to becoming something else, the scaffold of yogic practices is immeasurably helpful.

Yet working within a society—and often a healthcare system—that prioritizes expedience and objectivity can challenge yoga therapists determined to address all elements of a biopsychosocial-spiritual experience. I talked with beloved teacher Srivatsa Ramaswami about whether we lose an essential aspect of yoga when we apply it as therapy and attempt to integrate into Western biomedical models—read an excerpt from our discussion on pg. 48. And Michael Lee offers his own erudite take on the idea of practicing “yoga for” this condition or that one in a thought-provoking feature article on page 40.

As part of a movement to transform healthcare, IAYT's Symposium on Yoga Research is also so much more than just another professional conference (reports begin on pg. 18). I hope you'll enjoy reading about what those few days meant to attendees, many of whom were transformed from colleagues to friends, and about the research presented. (I snapped this photo on a hike near Kripalu after SYR, capturing one season sliding into another, one element into another.)



Although we've highlighted a few of this issue's articles that most directly deal with transformation, all are relevant to yoga therapy's mission of transforming suffering. Kelli Bethel, Steffany Moonaz, and Marlysa Sullivan offer an introduction to one means of assessing the changes we help our clients achieve, the validated PROMIS tool for clinical measurement. Neil Pearson's Science for the Yoga Therapist article invites reflection on what we think we know about interoception, which we may consider simply the ability to sense internal physical processes. As he notes, interoceptive ability and awareness are far more complex—and potentially transformational—with a “powerful role in well-being and in decreasing suffering.”

I hope you'll even use the event reports in Member News and Conference Corner as inspiration for how you personally would like to be involved in transforming healthcare. The profiles of individual yoga therapists in our regular Building the Business of Yoga Therapy feature (pg. 28) likewise offer the rest of us encouragement. Our advertisers' products and services, too, including trainings, can help us chart courses of professional development and transformation. These dedicated individuals and companies help keep our mission moving forward, so please give them your business and let them know you appreciate their support of our field! **YTT**

—Laurie



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Yoga Therapy Today, a seasonal publication, focuses on professional and practical aspects of yoga therapy stemming from all traditions. The magazine addresses all aspects of yoga therapy, including ayurveda, education and training, business, integrative medicine, science, and philosophy.

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