



Slowing down, as most of us have been forced to do of late, may provide welcome opportunities for reflection. For even the most practiced yogi, however, turning inward may spark fear during uncertain times. The world is waking up to a new reality that demands we reexamine how each of us may best

serve. As Leigh Blashki said online recently, our practices help us to remember that regardless of external circumstance, we are all “spacious, timeless, complete, and perfect” beings.

Although this may change by the time the magazine is published, right now we don't yet know whether we'll be able to hold this year's Symposium on Yoga Therapy and Research in person. IAYT is committed to convening our *sangha*, to celebrating our community in some way, though—and maybe even building that community in new and unexpected ways.

A perspective from Nischala Joy Devi on the power of universal love (p. 39) comes at a perfect time, when so many are recognizing our profound, tangible interconnectedness. Also in this issue, Yana Kofman describes “The Art of Tuning In” (p. 42) as an essential therapeutic skill, and Jennie Lee asks us to consider “Addressing Spirituality at the End of Life” (p. 28). Yoga therapists who find themselves practicing remotely for the first time will glean ideas about presence that have nothing to do with physical proximity, hopefully helping us all gear up to increase accessibility for at least some populations.

Part 2 of our look at healthcare coding (p. 32) asks whether third-party insurance coverage would also increase access to yoga therapy services. Or would it require tradeoffs the profession won't want to live with long-term?

This issue also contains an invitation to participate in a discussion about informed consent—see Julie Carmen's engaging dialogue on p. 22—and a report on the U.S. Veterans Health Administration's Whole Health initiative, another hopeful possibility for the integration of yoga therapy into healthcare systems. Finally, our series on pain concludes with the issue's continuing education article (p. 16), which explores yoga therapists' possible role in helping clients navigate the ambiguities of living with persisting pain.

As Leigh, the newest member of IAYT's board of directors, said earlier this spring, “It's really easy to get swept into the wanting to know more, the wanting to be sure.” Sitting with uncertainty—and finding strength within it—is a beautiful practice.

Wishing you health, strength, and peace,

Laurie YTT

Cover artwork by Emma Lee Schaberg.

Correction: We incorrectly listed the credentials of Indu Arora, C-IAYT, on p. 12 of the Winter 2020 issue. We regret the error.

On the Global Health Crisis

Now more than ever, we and everyone else at IAYT value the community you create—and the strength that arises from our sangha. We deeply empathize with the struggles our members are going through as both direct and indirect results of the COVID-19 pandemic. We're also heartened to know that you lift one another up and share so generously of your love, your time, and your expertise.

As we've communicated recently, IAYT has been closely monitoring the developing public health and economic situation, and we promise to keep you updated about our activities in the coming weeks and months. We also continue our long-standing pledge to be transparent with you, our valued community members.

For example, we're not able to make a decision about holding this year's SYTAR in person by ourselves. Instead, we need to work with our hotel partner to ensure that we meet our contractual obligations. We will have more information about the conference in the coming weeks and will let everyone know as soon as final decisions have been made. For now, we have extended all SYTAR-associated deadlines, and we're gearing up to offer an incredible online experience should that become the appropriate step to take.

We've also been in touch with all Accredited Program directors and Approved Professional Development providers to let them know we support their individual decisions about moving in-person programming online during this unprecedented time.

We're committed to remaining a source of credible information specific to the practice of yoga therapy. As additional concrete information becomes available, we'll be adding to the list we've posted under Resources on iayt.org. The list currently includes resources—both technical and not—for taking your yoga therapy practice online, quick links to the WHO and U.S. CDC, and HIPAA information.

Our team also continues to post on IAYT's social media channels material you can share, and we post information aimed at the public on the yogatherapy.health blog and associated social media channels. If you're not yet a member of IAYT's Facebook groups for C-IAYTs and/or Member Schools, now is a great time to look those up and get virtually connected. Please email social@iayt.org with any questions about our social media resources. (Note that although we love to engage with you online, IAYT is not able to give “official” responses on social media; please use Contact Us on our website to ensure that your inquiry reaches the correct team member.)

IAYT will continue to do its best to support your learning and professional development during these challenging times. To paraphrase the recent words of a wise friend, “These are the times for which we've been practicing.”

Wishing you peace, light, and health,

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and

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