

## 4 Editor's Note

## 6 Member News

- 6 Message from the Outgoing Board President, *by Amy Wheeler*
- 7 Yoga Therapy Is Happening in Japan, *by Yumiko Hoban*
- 7 Flexibility for In-Person Programming
- 7 Certification Update, *by Nancy Sinton*
- 8 Exam Update, *by Beth Whitney-Teepie*

## 10 Conference Reports

- 10 INCOFYRA 23: Yoga as Lifestyle Medicine, *by Leigh Leibel*

## 12 Professional Development

- 12 Building the Business of Yoga Therapy

## 16 Science for the Yoga Therapist (CE Article)

- 16 Pain and Yoga Therapy: Part 3—When Pain Persists,  
*By Neil Pearson, Lisa Pearson, and Erin Byron*

## 22 Yoga Therapy in Practice

- 22 Consent to Participate in Yoga Therapy: Discussing Informed Consent with Clients, *by Julie Carmen*
- 28 Addressing Spirituality at the End of Life, *by Jennie Lee*
- 32 Should Yoga Therapy Be Covered by Health Insurance? Part 2: Code Soup—Order Up! *by Tianna Meriage-Reiter*

## 36 Feature

- 36 The Veterans Health Administration's New Whole Health Initiative Leads the Way for Wellness-Based Healthcare,  
*By Janese Killian and Alison Whitehead*

## 39 Perspectives

- 39 Nischala Joy Devi on the Power of Love,  
*As Told to Laurie Hyland Robertson*
- 42 The Art of Tuning in: Reflections from a Pediatric Yoga Therapist,  
*By Yana Kofman*

## 44 Media Reviews

- 44 Relax into Yoga for Chronic Pain: An Eight-Week Mindful Yoga Workbook for Finding Relief and Resilience,  
*By Jim Carson, Kimberly Carson, and Carol Krucoff*  
*Review by Linda J. Sandell*
- 44 Restorative Yoga for Ethnic and Race-Based Stress and Trauma,  
*By Gail Parker, Review by Tina Paul*
- 45 Yoga: Ancient Heritage, Tomorrow's Vision,  
*By Indu Arora, Review by Durga Leela*
- 46 Also on the Shelves

## 47 10 Heart-Mind Tips for Taking Yoga Therapy Online

*By Amy Wheeler*

## 48 The Yoga Therapist's Toolkit

