

# Editor's Note

During these unsettled times it's a comfort to be part of a community that is so often incredibly willing to reexamine long-held personal and collective beliefs. When undertaken with the support of community, the tugs and strains of a search for new ways of being in relationship to one another and to the wider world become, if not joyous occasions, at least opportunities for finding solace in resilience. To be able to do this work of purposely seeking out blind spots and identifying cognitive errors is itself a privilege, of course, and I feel honored to be undertaking the work within the yoga therapy *sangha* myself.

This magazine has never been about my voice, however, or about any other single person or even the organization of IAYT. Instead, *Yoga Therapy Today* is a showcase for the voices of the yoga therapists who are the heart of IAYT's membership. Find inspiration in this issue from IAYT's Seva Award, presented with the Give Back Yoga Foundation, as we honor the 2020 finalists (p. 34) and the 2019 winner (p. 30). You'll also learn how you can help to ensure that the voice of yoga therapy is included in COVID-19 reporting (p. 26), and access a tool for building bridges with health-care providers and employers while pointing yourself toward paths for further learning (p. 40). And see page 43 for another opportunity for self-reflection in the form of the Global Grief Survey.

It is a pleasure to share below thoughts from just a few of the many noteworthy voices in this issue. **YTT**

—Laurie

Our cities are again inflamed by the fallout of systemic racism, amidst the continuing depredations of COVID-19, which is disproportionately killing our loved ones. Let these flames ignite in you a renewed commitment to fight. Let them fuel a reanalysis of what *ahimsa*, peace or nonharming, can mean for the moment, and inspire you to think about how it can be actualized in the context of current events.

—Naima Lewis, "Calling Yogis of Color," p. 42

None of us alone is ever as smart as all of us are together. For our communities to thrive and not merely survive, . . . we must individually and collectively study, understand, and be able to communicate in the language of basic and clinical science. Becoming more knowledgeable and fluent in the pathways of inflammation, chronic pain, and disease will allow us to advocate more effectively with and for clients.

—Lilith Bailey-Kroll, "From Cytokine Storms to Feedback Loops," this issue's CE article, p. 20

There is nothing like sitting in a roomful of extremely poor people in the overcrowded and squalid living conditions of a township in Johannesburg to illuminate aspects of one's own privilege, for one, and for another, to show just how broken are the systems within which we live. Awareness of privilege lies in the knowledge of how some few of us are more protected from the brokenness than everyone else.

—Itta Roussos (Ravi Kaur), winner of the 2019 Seva Award, "Social Justice Is a Spiritual Practice," p. 30

We would all do well to remember that the deep psychological stress and trauma that is collectively building at this time is something that we as practitioners will need to address with people. . . . Our sadhana and the support of our sangha is the inner medicine that can assuage fear and help people cultivate greater kindness at all levels and in all moments so that we can restore the flow of prana personally and as a planetary community.

—Felicia Tomasko, "Reflections on Where We're Headed and How," p. 24

SYTAR

## Mark Your Calendar!

### SYMPOSIUM ON YOGA THERAPY AND RESEARCH

The safety of our members and friends is always top of mind for IAYT. We will be following and adhering to current public health guidelines as we plan this event.



Together Again!

2021

June 17–20  
Reston, VA