



Meaning and purpose are essential to a life well-lived. Feeling useful and in harmony with dharma is also a balm for times of challenge as well as growth.

As we set our intentions for a new year, IAYT itself remains keenly aware of offering members the most utility possible. This issue of

Yoga Therapy Today features the first of what will become a regular offering we hope you'll enjoy: free continuing education for reading! This time around, credit is available for the Science for the Yoga Therapist article, the second in our comprehensive three-part series on pain (pg. 30). Once you've read the article and accompanying learning objectives in depth, pass the quiz at iayt.org to get a CE credit automatically added to your C-IAYT member profile. (Look for the Approved Professional Development [APD] course called *Yoga Therapy Today*.) We plan to offer one article for credit in each issue of *YTT*—and eventually in the *International Journal of Yoga Therapy*, too—giving members up to 4 complimentary credits per year.

I always want *YTT* to make a meaningful difference in every aspect of yoga therapists' professional lives. In addition to the entrepreneurship presented in *Building the Business of Yoga Therapy* (pg. 34), we've got real-world examples of a nonprofit yoga therapy-focused studio model (pg. 43) and small-group work with adults

who have intellectual and developmental disabilities (pg. 45). We're also pleased to feature, on page 48, the collaborative client-care model developed by Anu Kaur, a yoga teacher who is also an integrative registered dietitian nutritionist, and Maryam Ovissi, a yoga therapist (and this issue's cover model!).

Special thanks go to another collaborator, Tianna Meriage-Reiter, who tirelessly researched and compiled the practical considerations she presents in the first of a two-part look at whether yoga therapy should be covered by third-party health insurance (pg. 40). As with so many of the subjects we present in these pages, there is no single right answer, but a solid grasp of the situation is a prerequisite for meaningful discussions around the broader issues.

Also in this issue are reports from the most recent Symposium on Yoga Research, beginning on page 18. One of our dedicated SYR reporters, Nicole DeAvilla, thought about how to better involve the public in discussions of yoga research, posing her friends' questions to the attendees so we can all benefit from their answers. Alongside our regular features and announcements—see below for the return of the Seva Award!—there's lots more to talk about.

Here's to an intentional New Year, lived well! **YTT**

—Laurie

Cover photo of Maryam Ovissi, C-IAYT, by Bitra Ghavami.

In Service: IAYT's Seva Award

At SYTAR 2020, IAYT and Give Back Yoga Foundation are 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, hotel, and travel stipend for SYTAR 2020, 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!
- Four runners-up will each receive \$250

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; we want to recognize innovative projects that foster inclusivity and diversity in yoga therapy!

Don't delay—applications are due March 31!
Visit iayt.org/seva for more details and to apply.