As we look toward a new year, many changes that might have been unfathomable a short time ago are here to stay—and hopefully to build on consciously. I’d like to believe that many people are, like me, at least a little more cognizant of the harms we cause by failing to examine and address our own areas of ignorance. And the vast array of information we can now access readily will, if we can remain clear-eyed, provide a wider lens through which to view the wrongs of the past alongside possibilities for the future.

You’ll find in this issue many pieces that encourage a different viewpoint. Some of these may provoke discomfort. If that arises, what is it like to lean into the felt sense of shame, anger, unease? Is there a growth edge there? Or a space in which to dwell for a time in exploration?

Can these experiences serve as a guide for you as they do for me? As Heather Greaves says in her perspective on colonized thinking (p. 40), “Break out of the confines of a quiet spirit, and allow your heart some disquiet.”

Consider also the well-informed perspective of someone who’s recently spent time in the ICU—including IAYT board member Molly McManus (p. 38)—and the enlightening, heartfelt words of Marsha Banks-Harold, who has an urgent message for the yoga therapy community in “Reclaiming Humanity and Community: Healing the Trauma, Pain, and Suffering of Prejudice and Disparity” (p. 24).

One change we’ve all experienced in recent months is the increased need to conduct our lives online as a result of the pandemic. Three social media super-users offer background on different platforms as well as ideas that have worked for them. We’ll hear from three additional social-media mavens about three more platforms in the next issue of YTT, and whether you’re a super-user or a bit more tentative about your online presence, you’ll find plenty of useful insight in this two-part article.

In addition to invaluable and candid personal stories, COVID-19 education (pp. 16 and 28), and a uniquely yogic self-care guide for trying times (p. 20), this issue gathers together a surprising number of conference reports, including one on IAYT’s own Symposium on Yoga Research. It’s never been clearer that we need not be in physical proximity to share heart space.

Change is here for IAYT, too, as we bid a fond farewell—though not goodbye!—to Executive Director Emeritus John Kepner and extend a warm welcome to our new Executive Director, Alyssa Wostrel. John has skillfully shepherded the organization through plenty of change over the past 17 years, and Alyssa’s background in integrative healthcare and nonprofit leadership will no doubt help IAYT continue to navigate through an evolving landscape. (Read a message from John on p. 6 and Alyssa’s welcome, opposite.)

May your 2021 likewise be filled with healthy, welcome growth and change! YTT

—Laurie