IAYT has partnered with the Cochrane Complementary Medicine Field to regularly present summaries of relevant Cochrane Reviews, alongside implications for yoga therapy practice, for Yoga Therapy Today readers.

Cochrane Complementary Medicine (funded by NCCAM R24 AT001293) is part of Cochrane, an international nonprofit producing high-quality systematic review evidence for informing clinical decision-making. Cochrane systematic reviews, which are published in the online Cochrane Library, follow rigorous and transparent methods and are independent of conflicts of interest.

Yoga is by definition an experiential technology, yet to keep clients safe and ensure that our methods really accomplish what we think they do, we must attend to scientific rigor. As yoga researcher Holger Cramer, PhD, and Cochrane Complementary Medicine Field Director L. Susan Wieland, PhD, MPH, noted in a 2021 editorial in The Journal of Alternative and Complementary Medicine, some still unfortunately view high-quality research as an impossibility in traditional, complementary, and integrative medicine (TCIM); therefore, “methodological rigor is at least as important in TCIM as it is in biomedicine: in the latter it is tacitly assumed, in the former it is just as tacitly denied.”

IAYT is pleased to offer these scientifically sound explorations as a means of furthering yoga therapy and helping to ensure the safety and efficacy of the profession’s practices.

Directors of IAYT-accredited programs: Email ytteditor@iayt.org to get your program’s students involved in writing a research summary! Details and support materials are available in the Yoga Therapy Today Submission Guidelines at www.iayt.org/YTTSubGuidelines