

SYTAR



IAYT's Symposium on Yoga Therapy and Research

June 15–17, 2023 • Reston, Virginia



IAYT THE INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS

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INSPIRATION AND ENCOURAGEMENT TO CELEBRATE TOGETHER:

Welcome to SYTAR 2023!



Hello SYTAR attendees, and welcome to IAYT's 2023 Symposium on Yoga Therapy and Research! We are excited to once again host SYTAR at the Hyatt Regency hotel in Reston, Virginia, which has proven to be quite a popular destination in the past because of its proximity to Alexandria and Washington, D.C.

The need for connection and community is primal, as fundamental as the need for air, water, and food.

—Dean Ornish, MD

At IAYT, we're always working to increase our community's ability to engage with our offerings. Our commitment to increased accessibility of our annual membership conference is reflected in the proportion of registrants who are attending using scholarships or discounts (including for students, people of the global majority, and residents of countries identified by the World Bank as low or lower-middle income)—about 20% of attendees took advantage of these offerings, a significant increase over years past and a development we're so pleased to see.

This year's SYTAR program encompasses the breadth and depth of the emerging profession of yoga therapy and its impact in the paradigm shift to whole health the world over. Thursday night we formally kick off the conference with a heartfelt welcome and opening ceremony anchored by remarks from IAYT's Board President Molly McManus. A reception follows to introduce you to the array of services and products from the many exhibitors and sponsors who generously support SYTAR 2023, so please do enjoy the chance to mix and mingle.

From the workshops and concurrent presentations to keynotes and general sessions, we know you will be inspired and encouraged. To keep you updated on IAYT's organizational focus and progress of note, you'll hear from a few members of our management team on Friday morning. And that evening we are delighted to be providing space for an expanded program of special-interest groups—be sure to plan time to meet your fellow yoga professionals on common ground.

Saturday will likewise be jam-packed with impactful sessions and presentations, including an intriguing panel discussion in the morning. We'll close out the conference on Saturday night with the presentation of our annual Seva Award, on which IAYT partners with Give Back Yoga Foundation, followed by one final inspiring keynote. This year's Seva Award recipient will be sharing a short, heartwarming video about their winning project, too, so please don't miss that!

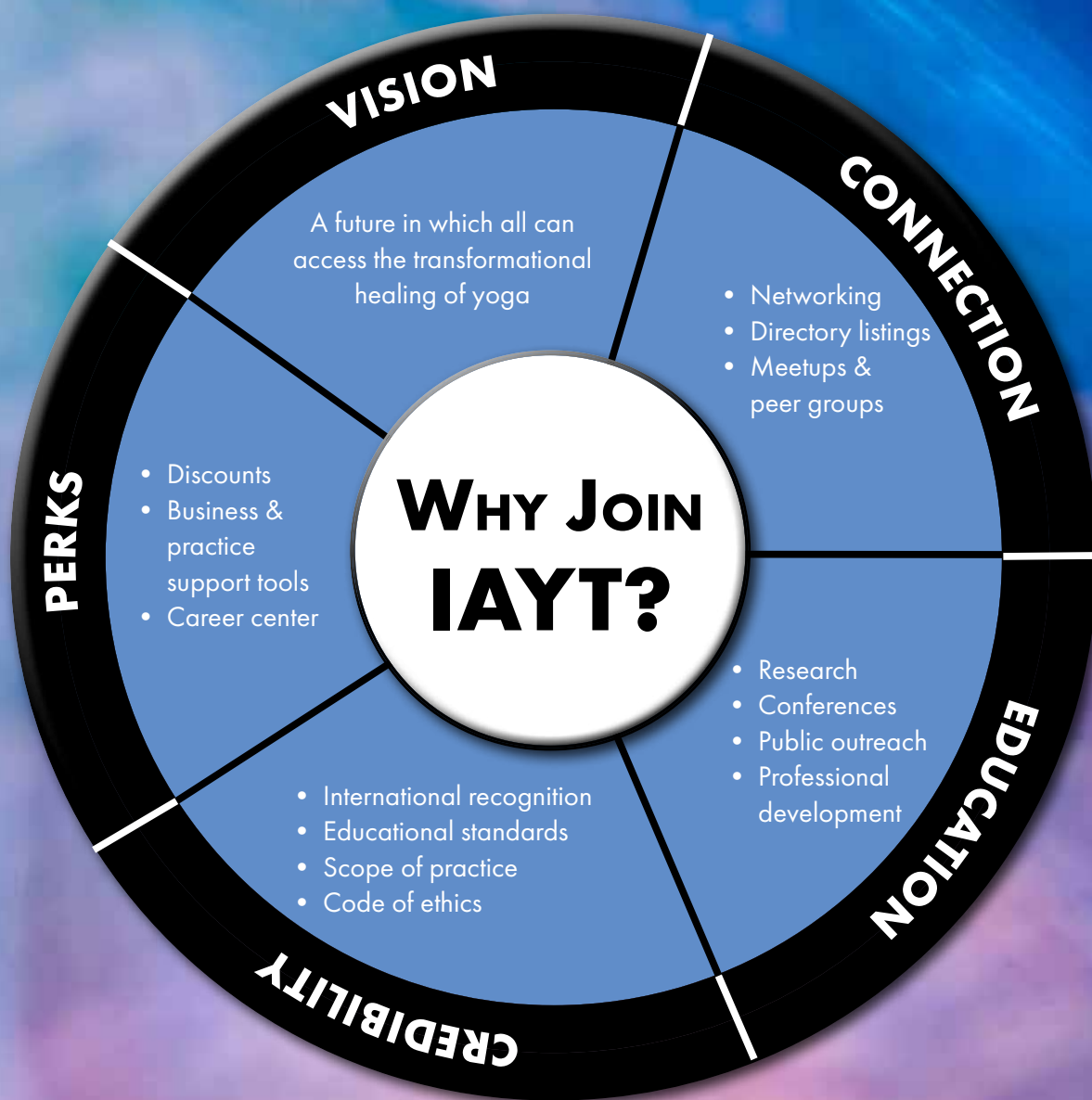
We do indeed have much to celebrate together this year. IAYT is blessed with a volunteer corps of talented and dedicated individuals who serve the organization's mission on our board, committees, task forces, and working groups. Watch our June 20 e-news for the details of a new service opportunity we are pleased to announce: the launch of IAYT's Diversity, Equity, Inclusion, and Accessibility (DEIA) Committee.

I can't wait to see you soon!

In gratitude,
Alyssa Wostrel, MBA
Executive Director

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IAYT THE INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS

Working to establish yoga as a recognized and respected therapy for more than 30 years

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**Molly McManus,
E-RYT 500, C-IAYT, President**

Molly co-owns Yoga North International SomaYoga Institute and co-founded the methodology SomaYoga, and she's also an ayurvedic health counselor and ayurvedic chef—in addition to cooking and creating

ayurvedic products, she loves to travel, read, write, shop thrift stores, and spend time with her husband, beloved cats, and Duluth, Minnesota, community. Through yoga therapy, Molly promotes the work of living where we are, in the present, and finding joy and contentment regardless of the state of the body-mind.



**Marsha Banks-Harold,
E-RYT 500, C-IAYT**

Marsha, an electrical engineering executive leader, also directs the PIES Fitness Holistic Yoga Therapy and Yoga Teaching Training Program. As the creator of My Body Don't Bend That Way Yoga,

she is committed to embodying inclusivity, where every being is welcomed, valued, seen, and heard—and has access to the holistic benefits of yoga and yoga therapy. Marsha is also a reader, writer, coach, advocate, speaker, and tea drinker who loves spending time with her family and community.



**Susan Steiger Tebb, PhD, LSW,
RYT-500, C-IAYT, Vice President**

With a PhD and a masters degree in social work, Sue has worked and taught in the field for more than 50 years. She has seen first-hand the benefits of accreditation and was drawn to IAYT when the organization

began to work on developing standards and accreditation criteria. She says that for many years she did yoga—and then began living it 15 years ago. Now she wants to help to ensure that all who want yoga therapy are able to access it.



Janet Caldwell, MS, C-IAYT

A Prosci Certified Change Practitioner, Janet is deeply interested in the healing process that yoga therapy can ignite in each individual. This universal gift, she reminds us, is within reach for everyone, and raising awareness about this power

and witnessing healing miracles keep her motivated. Janet enjoys traveling, especially internationally, and immersing herself in other cultures. She also finds joy in arranging fresh flowers, growing wildflowers, and being present with loved ones.



**Robin Rothenberg,
C-IAYT, Secretary**

Robin is an author and program director of Essential Yoga Therapy. Prior to serving on IAYT's board, she served on the Accreditation Committee; she was also a long-standing member of the organization's

Advisory Council. Robin appreciates the multidimensional way in which yoga therapy can support people in self-healing and personal transformation through awareness and reappraisal of life patterns. In her free time, you'll find her walking with her pup and constant companion, Didi Marie, painting at her easel, reading, or joyfully hanging out with her grandchildren and friends.



**Neil Pearson, PT, MSc,
E-RYT 500, C-IAYT**

Although he is a clinician whose most important teachers are the patients he serves, Neil is a self-professed research geek, involved in and staying up to date on studies of nonpharmacological pain

care, including yoga. He's inspired by the courage of people in pain, especially when they engage in yoga techniques that surely sound woo-woo compared to biomedicine, and by the hearts of yoga therapists who hold space for those overwhelmed by pain and suffering. Neil enjoys road cycling, traveling with his wife in their camper van, being outside, cooking, and reading fiction.



**Hansa Knox Johnson,
LMT, C-IAYT, Treasurer**

Having been a student of yoga for 40 years, Hansa says that her students have been her greatest teacher. She has served IAYT in various capacities for more than 15 years with the goal of keeping the yoga in yoga

therapy, and she is continually inspired by how the practices make a difference in a students' lives beyond simply addressing symptoms of disease. Hansa's goals include making more time for travel, hiking, being outdoors, and maybe even becoming a museum docent.



Dilip Sarkar, MD, DLitt, C-IAYT

A retired surgeon, Dilip is keenly interested in integrating yoga therapy with Western medicine. When he's not volunteering with IAYT and advocating for yoga therapy as a profession, you may find him reading a print edition of

the newspaper or enjoying his hobby of photography. Dilip also loves to socialize, travel—including exploring nearby areas—and take care of his grandchildren.

Meet the people who make up IAYT's hardworking team.



Alyssa Wostrel, MBA, Executive Director

Alyssa's career has been devoted to increasing access to complementary, integrative, whole-person healthcare by supporting a paradigm shift toward health creation and well-being. She brings to IAYT strong leadership experience in both the nonprofit and for-profit worlds, most recently as executive director of the Academic Collaborative for Integrative Health (ACIH). Alyssa facilitated key partnerships to advance the ACIH mission of interprofessional education and collaborative practice, including with the Alliance to Advance Comprehensive Integrative Pain Management (AACIPM), a first-of-its-kind multistakeholder collaborative. Additional experience includes a role as executive director of the Integrative Health Policy Consortium (IHPC), which expanded significantly under Alyssa's leadership.



Dominique Ferrera Hawkins, JD, CPC, RYT-200, Associate Director

Dominique Ferrera Hawkins brings to IAYT experience as a civil rights attorney and nonprofit professional who now provides consulting services as well as leadership and well-being coaching. She loves to spend time teaching yoga, volunteering, and being with family. Dominique also enjoys gardening, hiking with her pups, traveling, and trying new plant-based recipes. She's passionate about yoga accessibility, creating trauma-sensitive yoga spaces, and sharing the practice's therapeutic and healing benefits.



Danielle Atkinson, E-RYT 500, C-IAYT
Senior Accreditation Specialist



Arya Hawkins
Technology Coordinator



Deborah McDermott, C-IAYT
Associate Editor



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Beth Whitney-Teeple, PhD, C-IAYT
Development Manager



Marita Greenidge, MBA, RYT-200
Marketing and Communications Manager



Shanchoy K. Mahajan, E-RYT 200, RYT-500
Senior Accreditation Specialist

The work of IAYT's small but dedicated staff is amplified by an equally dedicated group of volunteers, without whom we would not be able to advance our mission. The board of directors all donate their time, as do the members of our standing committees and task forces. We thank them, along with additional talented consultants and volunteers, for their service!

Gratitude to the 2023 Accreditation Committee

As of June 1, 2023, 70 yoga therapy training programs in 12 countries have been accredited by IAYT.

These results are a testament to the high standards and the rigor of the review process. We currently have 5 initial and 19 reaccreditation applications under review; accreditation announcements are ongoing as our profession expands.

Program accreditation is a landmark event for any field, as well as a transformational process. We wish to acknowledge the hard work and dedication of the Accreditation Committee in this effort, and offer additional deep gratitude to Emily Smith, whose term recently ended after 6 years of service.



Niya Bajaj



Asya Haikin



Cassi Kitter



Rachel Krentzman



Tess O'Hern



Drew Sheinen



Chanda Williams

Gratitude to the 2023 Certification Committee

These volunteers help to guide the continuous development and improvement of all aspects of IAYT's certification programs, including C-IAYT certification, recertification, and Approved Professional Development (APD).

There are currently 3,900 C-IAYTs. New certifications are awarded continuously as students graduate from accredited programs or apply through the Portfolio Review & Evaluation (PR&E) program.

The Certification Committee serves as a sounding board for revisions and new developments. A top priority in 2023 is the implementation of the certification exam.

A special round of applause goes to Leanne Davis, Kelli Bethel, and Jeri Jorgenson as their terms end this year after 6 years of dedication to the Certification Committee. Look for new committee members to be announced soon!



Kelli M. Bethel



Leanne Davis



Danielle P. Graham



Nrihya Jagannathan



Jeri Jorgenson



Sheilah Laffan



Stephanie Lopez



Sam Sather

Continued on p. 10

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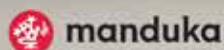
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Gratitude to the 2023 Member Schools Committee

Member Schools Committee volunteers are all faculty or staff in IAYT member schools. The committee's responsibilities include regular tasks and events that support these schools, which are located in more than 20 countries.

This committed group has worked hard to engage member schools, including by hosting a number of town halls beginning in 2020. These online events ensure that member schools remain connected with IAYT's executive director, staff, and committees. The Member Schools Committee also creates opportunities for community *sangha* among the schools and for strengthening school programming.

Additional thanks to the Member Schools Committee for helping to host the Meeting of Schools in conjunction with SYTAR each year!



Sarah K. Greco



Bill Koff



Ananda Deviika Ma



Jules Payne



Marilyn Peppers-Citizen



Nishita Shah



Julie Shaw

DEIA Committee Launch

IAYT values diversity, equity, inclusion, and accessibility (DEIA) across the organization. We acknowledge that diverse representation matters and is key to sustainability of the profession and, more broadly, to foster a more just and equitable world.

DEIA has been underrepresented in yoga therapy. IAYT's newly established DEIA Committee will strive to support the organization in continuing to create a culture and community that reflect global diversity through the incorporation of DEIA in the practice of yoga therapy.

The DEIA Committee will consist of six voting members: five who hold the C-IAYT credential or are enrolled in an IAYT-accredited yoga therapy training program and one member from the general public who has no professional involvement with yoga, yoga therapy, or ayurveda.

Additionally, IAYT's executive director, a staff liaison, and a board liaison will serve on the committee as non-voting members. The committee will advise and provide a route for accountability for IAYT in matters of diversity, equity, inclusion, and accessibility. Through planning, guidance, and recommendations, the committee will support IAYT in the implementation of the organization's DEIA competencies and ensure that these competencies are reflected in programming, outreach, publications, and policies at the board, departmental, membership, and committee levels.

(Please [review IAYT's DEI Competencies](#). This living document, first published in early 2022, refers to DEI without *accessibility* in the title; this update reflects the ongoing learning in which we are all engaged.)

Applications to serve on the DEIA Committee will be accepted from June 20–July 11, 2023. Learn more at iayt.org/DEIA

IAYT-Accredited Training Programs

To date, 70 programs have earned the distinction of IAYT accreditation by demonstrating compliance with the organization's rigorous Educational Standards for the Training of Yoga Therapists. More accreditation decisions are in process—check iayt.org for the most current information.

IAYT honors all our Member Schools who are submitting their yoga therapy training programs to this in-depth process. Together, we are making yoga a recognized and respected therapy worldwide!



IAYT-ACCREDITED YOGA THERAPY TRAINING PROGRAMS (AS OF JUNE 1, 2023)

Adishiv Yoga Therapy 2000 Hours Program (SWITZERLAND)

Ajna Yoga Therapy (CAN)

AlcheMe Yoga Therapy (USA)

Amrit Yoga Institute I AM Yoga Therapy Professional Training (USA)

Ananda Yoga Therapy Training (USA)

AUM hOMeShala Clinical Yoga Therapy (USA)

AVI Viniyoga Therapist Training (USA)

Breathing Deeply Yoga Therapy Program (USA)

Circle Yoga Shala Yoga Therapy Program (USA)

Comprehensive Yoga Therapy at YogaLife Institute (USA)

East Coast Yoga Therapy Yoga Therapist Training Program (USA)

Essential Yoga Therapy: Therapist Training (USA)

Functional Synergy Therapeutic Yoga Training (CAN)

Heartwood Retreat Center (USA)

H-OM TYES (Therapeutic Yoga Education School) (CAN)

Houston Yoga & Ayurvedic Wellness Center Ayurveda Yoga Therapy (USA)

InBody Yoga Therapy Certification (USA)

Inner Peace Yoga Therapy Certification Program (USA)

Integral Yoga Therapy (USA)

Integrative Yoga Studies Yoga Therapy Program (USA)

International Institute of Yoga Therapy (USA)

International Kundalini Yoga Therapy Professional Training of Guru Ram Das Center for Medicine and Humanology (USA)

Kripalu Professional Yoga Therapist Certification Program (USA)

Loknath's Professional Yoga Therapist Program (CHILE)

Manushi Yoga Therapy (INDIA)

Maryland University of Integrative Health Master of Science in Yoga Therapy (USA)

Mount Madonna Institute Ayurvedic Yoga Therapy (USA)

MVP Clinical Yoga Therapy Certification (USA)

Optimal State of Living Yoga Therapy Program (USA)

Paramanand Institute of Yoga Sciences & Research Yoga Therapy (INDIA)

Phoenix Rising Yoga Therapy Training Program (USA)

PIES Holistic Yoga Therapy (USA)

Practice School of Yoga Therapy (USA)

PranaYoga Cikitsa Training (USA)

PranaYoga Institute of Yoga and Holistic Health Sattva Yoga Therapy Diploma (USA)

Prema Yoga Institute Yoga Therapy Certification Program (USA)

Proyectomadre Yoga Therapy Training Program (ARGENTINA)

Purna Yoga Therapist Training (USA)

Purusha Yoga Therapy Certification (USA)

Rasa Yoga Cikitsa (USA)

Sarasvati Institute of Ayurvedic Yoga Therapy: Ayurvedic Yoga Therapy (USA)

School of Embodied Yoga Therapy Program (CAN)

Scottsdale Community College Yoga Therapy Certificate Program (USA)

Sivananda Yoga Health Educator Training (USA)

Soul of Yoga Institute Yoga Therapy Program (USA)

Spanda Yoga Movement Therapy Professional Yoga Therapist Training (USA)

Stress Management Center of Marin Yoga Therapist Training (USA)

Surya Chandra Healing Yoga School Yoga Therapy Certificate Program (USA)

Svaroopaa Vidya Ashram Certified Svaroopaa Yoga Therapist (USA)

SVYASA-USA Yoga Therapy Teacher Training (USA)

The Minded Institute Professional Certification in Yoga Therapy (UK)

The Mindfulness Center—Science of Mindful Awareness Yoga Therapy Program (USA)

The Yoga Therapy Institute Yoga Therapy Diploma (NETHERLANDS)

Urban OM Yoga Therapy Education (SWEDEN)

Vancouver School of Healing Arts Yoga Therapy Certification Program (CAN)

Vivekananda Yoga University MS in Yoga (USA)

Wisdom-Body Yoga Therapy Program (ISRAEL)

Wisdom Yoga Therapy (AUSTRALIA)

Yoga Bharati Diploma in Yoga Therapy (USA)

Yoga North Yoga Therapy Certification Program (USA)

Yoga Therapy International Certified Yoga Therapist Training Program (CAN)

Yoga Therapy RX LMU (USA)

Yoga Therapy Toronto Yoga Therapist Training (CAN)

Yoga Vaidya in the Yoga Vahini School (INDIA)

Yoga Well Institute Therapist Training (USA)

YogaFaith Yoga Therapy (USA)

YogaFit for Healthcare Program (USA)

YogaJoy Professional Yoga Therapy Training (USA)

YogaTherapyGreece Accredited Yoga Therapy Training (GREECE)

IAYT encourages C-IAYTs to use preapproved Approved Professional Development (APD) courses for their ongoing education. Twenty-four credits are needed for recertification every 3 years.



For more information about a particular offering, enter the name of the provider or course at [iayt.org/APD_Course_Listing](https://www.iayt.org/APD_Course_Listing)

The following APD providers offered extra support for this year's SYTAR, and we thank them! Be sure to stop by their table in the Exhibits area at the conference, or visit them online.

Abby M Geyer

It's Ayurveda!

Amanda Lynne Brees

Yoga of Relationship: Relational Trauma Specialization

American Viniyoga Institute

Meditation Unlocked

Yoga for Longevity

California College of Ayurveda

CCA Ayurvedic Yoga Therapy Teacher Training Course

Yoga Nidra Training Course

Canmore Counselling | Trauma-Informed Yoga Psychology School

Being Trauma-Informed: Integrating Trauma Theory & the Eight Limb Path

Carolyn (Lynn) C Stoller

Sensory-Enhanced Yoga for Self-Regulation & Trauma Healing

Sensory and Mindfulness-Based Yoga for Learning

Environments (SMYLE)

Center for Somatic Grieving

Mindful Grieving Yoga Therapy Training

Cheri Clampett

Therapeutic Yoga Training Level II

Therapeutic Yoga Training—Level I Online

Cheryl Fenner Brown, C-IAYT

Healing Yoga for Cancer Training

Christopher G Walling

Brain Longevity Therapy Training

Christelle Chopard

Dharmi-Yoga of the 5 Elements (Pancha Koshas) to Heal PTSD and to Balance Stress Level (Stira-Sukha)

Chrys C Kub, PT, C-IAYT

Module 1: FitYogaTherapy BAMA and Yoga Asana Practice Screen

Module 2 MoStility and Stability: Assessment and Corrective Exercise

Module 3: The BioPsychoSocial Model and the Science of Pain Care

Module 4: Evidenced Based Stretching Techniques and Myofascial Release

Module 5: The Business of Yoga as Corrective Exercise: Implementing Groups and Delivering a Service

Elizabeth Gillem Duncanson

Cultivating a Sustainable Core

An Embodied Life

An Embodied Life Therapeutic Restorative Yoga Training Level 2

Erin Linnea Meyer

Pharmacology Knowledge for Yoga Therapists

Essential Yoga Therapy

Restore Your Prana Workshop

Restore Your Prana Professional Certification Course

Therapeutic Yoga Approach for Long COVID

Gwen A Miller

The Dynamic Spine: Safe Movement for All Spines (and Hips)

Hansa Knox Johnson

Enhancing the Power of Asana: Integrating Marma
 Wisdom Series: Introduction to Classical Texts
 The Cancering Journey
 My Body Says What! Body Reading for Yoga Therapists
 Chakra: The Inside Story

Iyengar Yoga Therapeutics

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 Iyengar Yoga for a Healthy Neck
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 Iyengar Yoga for Healthy Knees, Part 1
 Iyengar Yoga for Healthy Knees, Part 2: Safely Flexing
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 Iyengar Yoga for Complications During Pregnancy
 Iyengar Yoga for Immunity and Stress, Part 1
 Iyengar Yoga for Immunity and Stress, Part 2

Jennifer Kraitsoulas

Yoga & Eating Disorders Mentoring Group

Laurice D. Nemetz

Movement Anatomy Hands-on Cadaver Dissection Lab

Lynne Jacobs

Integrative Somatic Yoga: Integrating Somatic Movement
 Therapy & Somatic Based Meditations with Traditional Yoga

M. Mala Cunningham

Neuroscience and Yoga: How and Why Yoga Works—
 Certification Course
 Cardiac Medical Yoga Teacher Training Certification Course

Maribeth MacKenzie

Living Your Most Balanced Life of Perfect Health—The
 Ayurvedic Lifestyle

Nischala Joy Devi

The Namaste Effect—Chakras
 The Secret Power of Yoga
 Meditation in the Yoga Tradition
 Healing with the Chakras
 Yoga and Heart Disease

Rachel Krentzman

Happy Back Yoga Professional Training

Renata Sumar Gaertner

Yoga for the Special Child 95H Certification Program Parts 1
 and 2
 Yoga for the Special Child Continuing Education on Cerebral
 Palsy and Down Syndrome
 Yoga for the Special Child Continuing Education on ADHD &
 Autism
 Yoga for the Special Child Continuing Education Program on
 Early Intervention and Yoga
 Yoga for the Special Child Continuing Education on Arthritis &
 Scleroderma
 Teaching Asanas, Adjustments and Sequences
 Trauma, Sensory Processing and Working with Limited Language
 Asanas—Adjustments and Sequences
 Yoga for the Special Child 3rd International Conference: Unity
 in Diversity—The Sonia Sumar Method for People of All Ages
 and Abilities

Theresa Conroy

Yoga for Parkinson’s Disease Teacher Training—Self Paced

Yoga Tune Up

Body by Breath Immersion
 The Roll Model Method: Science of Rolling
 The Roll Model Method: Ball Sequencing & Innovation
 Rolling Along the Anatomy Trains
 Yoga Tune Up Certification Training

YOGAFAITH, IAYT School

Trauma Sensitive YogaFaith
 Restorative YogaFaith
 Ayurveda Therapist



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Vivekananda Yoga University (VaYU)

Vivekananda Yoga University (VaYU) is the first Yoga University outside India offering MS/PhD programs in three tracks: philosophy, therapy, and research. VaYU is a registered nonprofit, private university with world-class faculty and state-of-the-art programs.



Yoga Professional Academy

YPA is excited to announce the grand opening of the Mentoring and Marketing for Yoga Therapists Program and The Yoga Therapist's Community. We thrive when we connect, collaborate, and continue our education together. We feel energized and inspired with the important work that we do. The world needs yoga therapy schools training more yoga therapists. Why? Today's American and global health crises are primarily lifestyle diseases. As a yoga therapist, you are the expert in lifestyle. Nicole DeAvilla founded YPA to help you reach more students and clients with confidence, offer quality mentoring and educational opportunities, support yoga therapy schools, and hang out! We all come together in the Yoga Therapist's Community—it's free!

SILVER SPONSORS



beYogi

At beYogi, we provide valuable resources and high-quality yoga insurance for instructors, which covers both in-person and online classes, including livestreaming and prerecorded videos. We aim to assist yoga teachers who dedicate themselves to building their careers by offering excellent coverage, support through our community, and an insurance policy that caters to their specific needs. We are committed to safeguarding your future and enabling you to focus on your passion for teaching yoga.



Kripalu Schools

Kripalu is a nonprofit educational organization dedicated to empowering people and communities to realize their full potential through the transformative wisdom and practice of yoga. Our School of Integrative Yoga Therapy's proven methodology bridges traditional yoga teachings with contemporary scientific understanding, supporting a person's whole health—physical, psychosocial, and emotional.



Manduka

Known for its legendary PRO Mat, Manduka creates high-performance yoga mats, yoga towels, bags, props, and men's and women's fitness apparel. Designed by yogis and trusted by teachers worldwide, carefully selected and sustainable materials are paired with thoughtful design to create innovative products that allow a community of 4,000+ yoga studios, 700+ yoga ambassadors, and over 2 million customers across the globe to deepen their practices.



Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) is a leading academic institution focused on the study and practice of integrative health and wellness rooted in contemporary science and traditional wisdom. A values-driven community educating practitioners and professionals to become future health and wellness leaders, MUIH has more than 20 progressive graduate degree programs in a wide range of disciplines, offered on-campus and online.



Meditate: School of Mindfulness and Sound Healing

We offer in-depth courses/studies in the power of sound and vibrational therapies, useful for stress and anxiety relief, addiction/recovery, pain reduction, and PTSD support. We offer four levels of teachings: Sound Healer Practitioner, Practitioner of Vibrational Therapies, Master of Sound Healing, and Master Yoga Nidra & Sound Nidra Training. We also offer many mindfulness-related courses and teachings. To learn more please visit our website at www.meditateyou.me



Mindfulness & Grief Institute

The Mindfulness & Grief Institute offers yoga, meditation, and grief specialists practical tools to skillfully assist those facing loss. With a foundation in thanatology, our books, podcasts, and online training focus on evidence-based research and proven mindfulness practices. Combine your existing expertise with modern grief techniques for increased confidence and effectiveness. Discover more at mindfulnessandgrief.com



PIES Fitness Yoga Studio

PIES Holistic Yoga Therapy experientially embodies trauma-sensitive, justice-focused, and transformation-centered scaffolding strategies to train yoga therapists to create inclusive and accessible spaces where all beings impacted by psychological and biomedical conditions are welcomed, heard, valued, and seen while achieving physical, intellectual, emotional, and spiritual health and well-being.



Sequence Wiz—Electronic health records system for yoga therapists

Sequence Wiz is a secure, HIPAA-compliant electronic health records (EHR) system for yoga therapists. It helps you gather information about your yoga students with Forms, store it in Student Profiles, analyze it with Assessments, create a treatment plan in Goals, design yoga practices with Sequence Builder, keep track of students' progress with Session Notes, and deepen your expertise with Educational Content. Put together a more complete picture of your students to better serve their needs!

Yoga Life Style



Yoga Life Style

For more than two decades, Yoga Life Style and bheka Yoga Supply have been providing high-quality gear and related items to the therapeutic yoga community. We are proud to provide a quality teacher training book collection and props through our website. This enables us to create the bookstore at the Symposium on Yoga Therapy and Research.



Yoga North

Yoga North ISYI offers opportunities in SomaYoga with yoga therapy certification, teacher training, and in-depth ayurveda, yoga, and somatic studies led by yoga therapists and somatic educators Ann Maxwell, MA, SE, C-IAYT, and Molly McManus, SE, AHC, C-IAYT. Our innovative curriculum and pairing of the neuromuscular reeducation discipline of somatics with the ancient wisdom of yoga is a unique blend. Our commitment to supporting human excellence and reducing suffering is our True North.

EXHIBITORS



americanviniyogainstitute

American Viniyoga Institute

The American Viniyoga Institute is an organization of yoga practitioners and professionals sharing core values, guided by the spirit of Viniyoga and dedicated to offering quality educational and professional training opportunities in health and fitness, yoga therapy, and personal transformation. We are connected by the teachings of Viniyoga through Gary Kraftsow, MA, E-RYT 500, C-IAYT, who evolved this approach to yoga from the teachings of T. K. V. Desikachar and T. Krishnamacharya of Madras. Visit our website [here](#).



Kerala Ayurveda

Deep roots, modern voice—the largest ayurvedic school in the United States offers professional trainings, workshops, and continuing education, plus herbal products and wellness services. Visit our website [here](#).



My Yoga Network

My Yoga Network is Your yoga network. An exciting new community bringing patients, therapists, and providers together to grow the yoga therapy industry around the country. Your #1 source for yoga therapy. Visit our website [here](#).



Pain Care Aware

Pain Care Aware has the mission of decreasing the impact of pain on individuals and society. Our training starts with a two-step program integrating yogic and scientific views of pain and pain care. It provides practical guidance given that pain will arise during yoga, including asana and meditation, while preparing yoga therapists for the growing number of people in pain coming to yoga. Become Pain Care Aware to make real changes in pain, ease of movement, and quality of life. Visit our website [here](#).



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A collection of the best, finest-fiber alpaca crafted into exclusive garments. Our brand of transformation is the harmony of the use of modern technology together with the talent of a Peruvian workforce that uses the ancient skills of finishing by hand to produce a high level of excellence. We have wraps, shawls, jackets, coats, sweaters, gloves, hats, socks, art, and crafts. Visit our website [here](#).



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Singing Dragon publishes authoritative books on complementary and alternative health, Chinese medicine, yoga therapy and bodywork, and professional and personal development. Our sister imprint, Handspring Publishing, is recognized as a leading publisher in the field of manual therapies and movement. We publish highly illustrated books that support bodyworkers and manual therapists to further their understanding of the human body and its movement. Visit our website [here](#).



Surya Chandra Healing Yoga School

Our school is heavily influenced by the therapeutic teachings that come from Krishnamacharya through Desikachar, although all faculty are multi-tradition trained, with a well-rounded, broad-minded approach. Teachings from other styles and traditions makes our program more accessible, more accepting, and more inclusive. We follow the standards set by both the Yoga Alliance and the IAYT and offer an IAYT-accredited yoga therapy training program. We teach using trauma-informed, inclusive language. Visit our website [here](#).



YogaFit Worldwide

YogaFit Healthcare weaves the ancient wisdom and traditions of numerous yoga lineages and ayurveda with modern science to educate, inspire, and train yoga therapists to skillfully assist and empower those they work with to take an active role in their healing, health, and wellness using yoga tools. Our vision is to prepare students to be modern-day yoga therapists working in integrative healthcare and wellness environments with groups and individuals. In-person and live virtual course options are available. Visit our website [here](#).



Yoga Styles LLC

Yoga Styles is a Phoenix-based designer and manufacturer of high-quality yoga/meditation props (mat bags, bolsters, zafus, straps, eye pillows, and more). We also carry an eclectic mix of clothing, crystals, and spiritual jewelry. Visit our website [here](#).



Yugo, the yoga game

Yugo is an interactive yoga card game for all ages that sparks fun, kindness, and cooperation. While playing the game you learn how yoga can be a tool to help you feel more energized, balanced, and relaxed. Meet our friends, Chase the Cheetah (he/him), Rita the Rabbit (she/her), and Koko the Koala (they/them), who will guide you through different yoga poses and movements. Grab a friend, join the Yugo yoga circle, and get ready for some fun! Visit our website [here](#).

NONPROFIT SPONSORS



Awakening Yoga Spaces

Awakening Yoga Spaces (AYS) is a coalition of yoga and wellness communities committed to diversity, equity, and inclusion in the yoga world, and our primary focus is to make yoga teacher and yoga therapy trainings more accessible to BIPOC communities. [Contact us](#).



Foundation for Chiropractic Progress

The Foundation for Chiropractic Progress is a not-for-profit foundation promoting positive press through social media, ads, billboards, and commercials. Members have exclusive access to marketing materials and a FIND A DOCTOR DC listing in our directory. To become a member, please visit us at www.f4cp.org/package



National Ayurvedic Medical Association

Representing the ayurvedic profession in the United States, NAMA preserves and promotes the consciousness-based practice of ayurveda for the benefit of all beings. Ayurveda offers a dynamic body of knowledge that provides comprehensive disease management and supports holistic wellness. Visit ayurvedanama.org



Veterans Yoga Project

Veterans Yoga Project is a national 501(c)(3), and we envision a future where all those affected by trauma have access to a full range of mind-body practices. Veterans Yoga Project is an IAYT Member School, an NBCC Approved Continuing Education Provider, and a Yoga Alliance Registered School (RYS-200, YACEP). Working in partnership with active-duty military, veterans' organizations, veterans treatment courts, and other nonprofit organizations, VYP provides programming, resources, and connections. Visit veteransyogaproject.org



Registration

Hyatt Regency Reston

Thursday, June 15, 2023 • 11:00 am–5:30 pm

If you arrive after Thursday, pick up your registration tote bag at the SYTAR registration desk located outside the Lake Fairfax room. Membership information is available at the IAYT table in Grand Ballroom D.

Information on the Hyatt Regency Reston

Check-in at the hotel is 3:00 pm; check-out is 12:00 pm.

Visit the [SYTAR Hotel page](#) for additional information.

Continuing Education

IAYT Members

At no additional charge, SYTAR 2023 offers 22 contact hours in CE credits for members. Credits will be automatically applied to your IAYT member profile within 2 weeks of the conference. (When signed in to your profile, click Manage Profile; you will find your CE record in the journal entries under Content & Features > Professional Development.)

Healthcare Disciplines

Although IAYT itself does not offer healthcare provider CE credits, nonmembers can contact us on iayt.org to request verification of their registration. This will enable you to submit to the applicable board yourself if the board accepts such submissions/credits.

Meals

All symposium attendees are invited to the Thursday-evening refreshments in the Grand Ballroom Foyer and the Saturday-evening banquet in the Grand Ballroom.

Internet and Technology Center

In the hotel's Technology Office, free computers are available for guests to check email, print a boarding pass, or check out the local area. Free wireless service is available in the lobby, bar area, and coffee shop (no WiFi in conference rooms). In-room internet service is also free.

Parking and Transportation

Discounted parking is available in the hotel's on-site garage. The hotel will automatically apply a rate of \$10/day when you check in.

Find information about transportation to and from Dulles International Airport on the [SYTAR Hotel page](#).

Save the Dates for Our Next Conferences!

The 2023 Symposium on Yoga Research (SYR) is coming up October 16–18 at the Kripalu Center for Yoga & Health.

SYTAR 2024 will be June 20–22 at the Scottsdale Plaza Resort & Villas, near Phoenix, Arizona.

Mark your calendar—we would love to see you again soon!



About the SYTAR Logo

The SYTAR logo, created by Linda Getz, was inspired by the mission of IAYT and the symposium. A meditative person sits centered among eight circles, symbolic of the limbs of yoga.

Like the rhythm of life, the direction just inside the ring of circles moves inward toward the center, while the outside petals draw outward. We breathe in, we breathe out. We learn, we teach.

By gathering together as one, we will return home with more strength and clarity to share the spirit of yoga with others.

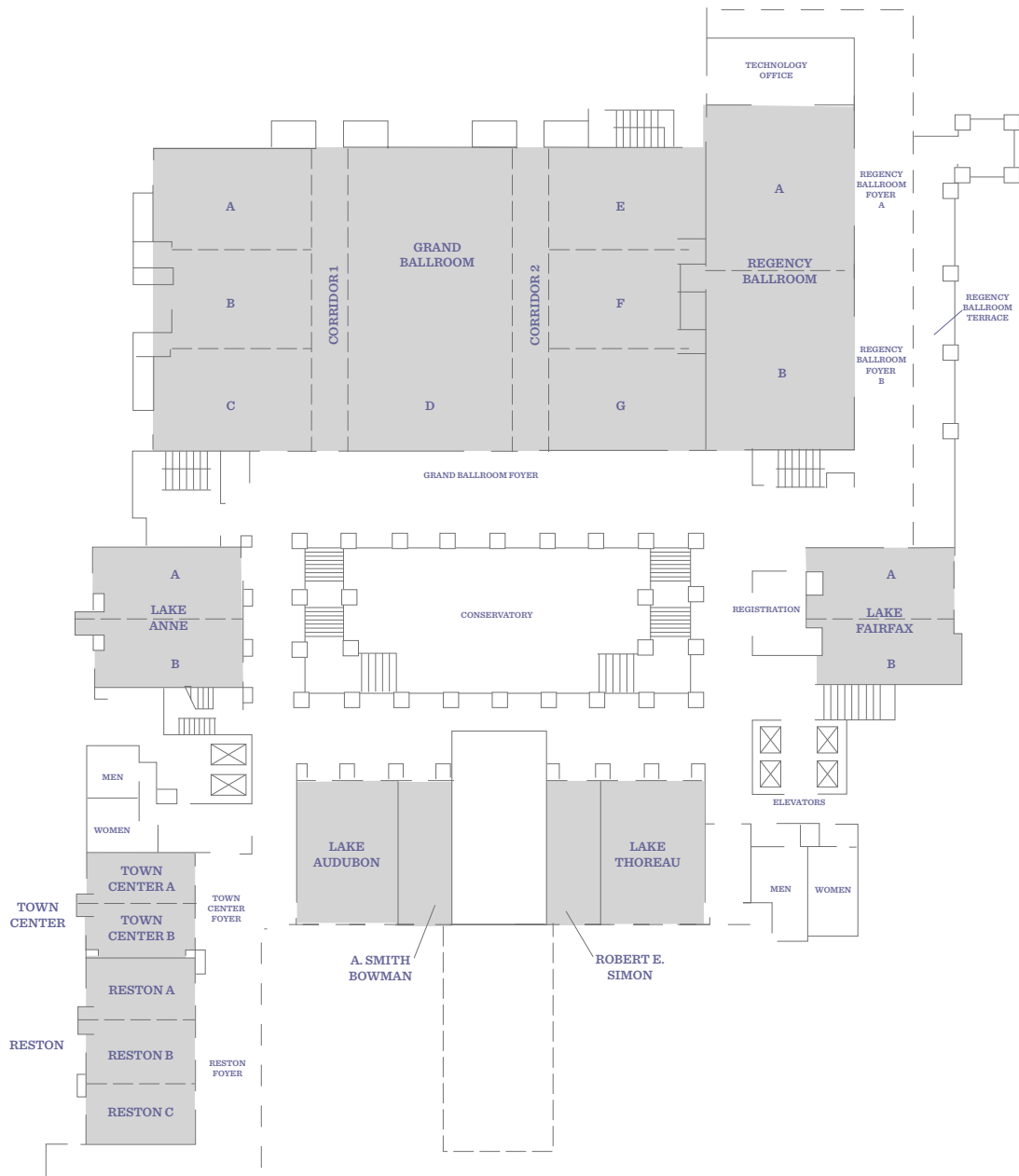
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FLOOR PLAN
Second Floor



THURSDAY, JUNE 15		
Time	Event	Location
9:00 am–12:00 pm	MEETING OF SCHOOLS	Lake Anne Room
1:30–5:00 pm	WORKSHOPS	
	WS01—Andrea Deerheart: Yoga Nidra: Pathway for Healing Trauma	Lake Anne Room
	WS02—Cheryl Brown: Cancer-Related PTSD & Racial Equity: Bridging the Treatment Gap	Grand Ballroom F&G
	WS03—Michelle Stortz: Staying Steady Through the Storm: Integrating the Brahmaviharas into Yoga Therapy	Grand Ballroom A–C
	WS04—Regina Barrett & Mona Flynn: The New Immigration Crisis: Creating Trauma-Informed Yoga Programs for Asylum Seekers, New Immigrants, and Refugees	Grand Ballroom E
4:30–9:00 pm	EXHIBITS OPEN	Foyer
5:00–6:30 pm	BREAK	
6:30–7:30 pm	WELCOME & OPENING CEREMONIES	Grand Ballroom D
7:30–9:30 pm	RECEPTION	Foyer
FRIDAY, JUNE 16		
6:30–9:00 am	BREAKFAST	On your own
7:00–8:00 am	MORNING PRACTICES	
	MPF01—Catina Topash: Sound Bath	Lake Anne Room
	MPF02—Joy Ravelli: Let Your Dharma Lead You	Grand Ballroom A
	MPF03—Maryam Ovissi (She/Her): The Stories of Asana for Therapeutic Use	Grand Ballroom B&C
	MPF04—Deborah Charnes: First Love Yourself	Grand Ballroom F&G
	MPF05—Stephanie Avant (She/Her): An Exploration of AUM	Grand Ballroom E
9:00 am–6:00 pm	EXHIBITS OPEN	Foyer
9:00–9:30 am	OPENING	Grand Ballroom D
9:30–10:30 am	KEYNOTE—Anupama Kizhakkeveetil: Infinite Possibilities Through Yoga	Grand Ballroom D
10:30–10:45 am	STRETCH BREAK	Grand Ballroom D
10:45–11:15 am	GENERAL SESSION—Suzie Carmack: YOGA THERAPY PROGRAMMING IN CLINICAL AND RESEARCH SETTINGS Are We There Yet? Why Evaluation Matters in the Practice and Promotion of Yoga Therapy	Grand Ballroom D
11:15–11:55 am	IAYT UPDATES	Grand Ballroom D
11:55 am–12:00 pm	REMEMBERING OUR FRIENDS	Grand Ballroom D
12:00–2:00 pm	LUNCH & BREAK	On your own
2:00–3:45 pm	CONCURRENT SESSIONS	
	TF01—Per Erez: Hanna Somatic Yoga: The Four Functions of Movement	Grand Ballroom D
	TF02—Catherine Justice: Yoga Therapy in a Safety-Net Hospital: One Path to Equity, Access, and Healing	Lake Anne Room
	TF03—Malisa Szalkiewicz: Manifesting Your Yoga Therapy Career: Bringing Your Skills to Medical Settings	Grand Ballroom A–C
	TF04—Denver Clark: Embodied Activities for Addressing the Koshic Model with Clients	Grand Ballroom E–G
3:45–4:15 pm	BREAK	
4:15–6:00 pm	CONCURRENT SESSIONS	
	TF05—Joann Lutz: Working with Targeted Yoga Therapy Interventions to Resolve Nervous System Dysregulation	Grand Ballroom D
	TF06—Arya Pretlow: The Yoga Therapist’s Guide to Using Motivational Interviewing and SMART Goals to Support Client Change	Grand Ballroom E–G
	TF07—Charles B. Crenshaw, Jr.: Racism, Sexism, Social Stress, and Yoga Therapy	Lake Anne Room
	TF08—Steven Weiss: Postural Alignment and its Direct Application to Yoga as Therapy	Grand Ballroom A–C
6:00 pm	DINNER	On your own

7:30 pm	ALUMNI & SPECIAL-INTEREST MEETINGS	
	Certification and Approved Professional Development	Grand Ballroom F
	Let's Play! Yugo, the Yoga Game Demonstration	Grand Ballroom A
	The Life and Career of a Yoga Therapist	Reston A–C
	School of Mindfulness & Sound Healing	Lake Anne Room
	Society for Integrative Oncology Yoga Special Interest Group	Grand Ballroom E
	Spirituality and Yoga Therapy	Grand Ballroom G
	Synergy of Yoga Therapy and Chiropractic Care	Grand Ballroom C
	Up & Coming Yoga Therapists Sangha	Grand Ballroom B
	Yoga Therapy Research: From A to Z	Town Center A&B
SATURDAY, JUNE 17		
6:30–9:00 am	BREAKFAST	On your own
7:00–8:00 am	MORNING PRACTICES	
	MPS01—Kristen Kolenda: Navigating the Mind: Supporting Serious Mental Illnesses with Yoga Practice	Grand Ballroom C
	MPS02—Mala Cunningham: Neuro-Yoga: Experience and Understand Yoga Through the Lens of Neuroscience	Lake Anne Room
	MPS03—Swami Sivasankariananda: Consciously Recharge with Pranayama	Grand Ballroom A&B
	MPS04—Nicole DeAvilla: Wake up and Recharge with the Spinal Six	Grand Ballroom G
	MPS05—Denver Clark: Yoga for Pelvic Floor Awareness and Grounding	Grand Ballroom E&F
9:00 am–9:00 pm	EXHIBITS OPEN	
9:00–9:15 am	OPENING	Grand Ballroom D
9:15–10:15 am	KEYNOTE—Per Erez: Developing an Embodied Experiential Learning Spiral	Grand Ballroom D
10:15–10:30 am	STRETCH BREAK	Grand Ballroom D
10:30–11:00 am	GENERAL SESSION—Jayashree Pathak: YOGA THERAPY PROGRAMMING IN CLINICAL AND RESEARCH SETTINGS PROMIS-Based Evaluation of Medical Yoga Therapy in a VA Hospital	Grand Ballroom D
11:00 am–12:00 pm	PANEL—Charles B. Crenshaw, Jr. (Moderator), Cheryl Fenner Brown, Barbara L. Ley, and Jeff Masters: Skillfully Navigating Times of Challenge	Grand Ballroom D
12:15–2:00 pm	LUNCH & BREAK	On your own
2:00–3:45 pm	CONCURRENT SESSIONS	
	TS01—Charles MacInerney: Yoga Therapy and the Art of Setting Goals	Grand Ballroom A–C
	TS02—Sarah Blunkosky: Yoga Therapy for the Weaponized Information Age: Addressing Overload, Trauma, and Confusion	Grand Ballroom E–G
	TS03—Libby Hinsley: Understanding Hypermobility Syndromes for the Yoga Therapist	Grand Ballroom D
	TS04—Barbara L. Ley: Yoga Therapy for College Student Mental Health During COVID-19 and Beyond: Trauma-Informed and Social Justice Perspectives	Lake Anne Room
3:45–4:15 pm	BREAK	
4:15–6:00 pm	CONCURRENT SESSIONS	
	TS05—Anupama Kizhakkeveetil: Yoga for Quality of Life: What Does the Science Say?	Grand Ballroom G
	TS06—Felicia Tomasko & Kathleen Ross-Allee: Developing and Implementing Community Partnerships as a Yoga Therapist	Lake Anne Room
	TS07—Swami Nirmalananda Saraswati: Ending Back Pain	Grand Ballroom E&F
	TS08—Jeff Masters: Preparing the Mind for Working with Trauma with Yoga Therapy	Grand Ballroom A–C
6:00–7:00 pm	BREAK	
7:00–8:00 pm	BANQUET	Grand Ballroom D
7:45–8:00 pm	SEVA AWARD, IAYT BUSINESS	Grand Ballroom D
8:00–9:00 pm	KEYNOTE—Marc Halpern: Classical Yoga Therapy	Grand Ballroom D
9:00 pm	CLOSING	Grand Ballroom D

Thursday, June 15

9:00 am–12:00 pm | MEETING OF SCHOOLS (*Lake Anne Room*)

1:30–5:00 pm | WORKSHOPS

WS01—Yoga Nidra: Pathway for Healing Trauma

Leader: Andrea Deerheart
(*Lake Anne Room*)

This workshop addresses how classically inspired yoga nidra can be employed to navigate the challenges that the disturbances from trauma create in the physiology of the mind and body. Explore how the practice can reduce emotional reactivity, increase self-regulation, address death anxiety, and cultivate spiritual serenity.

This workshop include lecture, practice, group discussion, and thought exercises. We will cover

- the essential etymology, mythology, physiology, and science behind classically inspired yoga nidra;
- the difference between *nidra* and *yoga nidra*;
- how neuropsychology views the effects of yogic sleep on our brains, bodies, and entire physiology;
- the personal and professional requirements to provide effective and compassionate services to those living with trauma, serious illness, and loss, as well as people with end-of-life concerns; and
- writing a powerful *sankalpa* (intention) for healing.

We'll have time for stimulating discussions and processing to develop a better understanding of how classically inspired yoga nidra can be used for self-healing.

Dressing in light layers is recommended for warmth during the practice portion of the workshop. Bring your mat if possible.

WS02—Cancer-Related PTSD & Racial Equity: Bridging the Treatment Gap

Leader: Cheryl Brown
(*Grand Ballroom F&G*)

Cancer-related posttraumatic stress disorder (CR-PTSD) was first recognized as a mental health diagnosis back in 2000. This workshop focuses on cancer-related medical trauma, including the mental health treatment gap for CR-PTSD and the impact of this gap on minoritized and low-income patients. Through the lens of the *panchakosha* model, we will also explore symptoms of cancer treatment and learn specific yoga therapy techniques for supporting people experiencing these effects. Those with cancer may not receive a diagnosis of CR-PTSD because the PTSD symptoms overlap with cancer treatment side-effects.

Anxiety, depression, cognitive fog, and insomnia are deeply intertwined, exacerbating one another and significantly reducing quality of life—and they are often seen as symptomatic of a cancer diagnosis, not as a separate mental health issue. Disparities rooted in systemic racism prevent many people from accessing cancer screening and treatments. Sadly, the same populations at greater risk of developing CR-PTSD not only face greater stigma around receiving mental health services but also have less access to such services, resulting in a treatment gap.

Yoga therapists are uniquely positioned to meet these underserved patients by working with local cancer support groups and other nonprofit organizations. In addition, we can introduce yoga's benefits to populations who may not otherwise have access to studio classes. During our workshop, we will share strategies for making yoga therapy more accessible to these groups. We will also explore a simple yoga therapy protocol that combines adaptive asana, mudra, pranayama, sound, and yoga nidra. These yoga therapy practices can be offered preventively, to symptomatic patients, and over time to increase stress resilience.

WS03—Staying Steady Through the Storm: Integrating the Brahmaviharas into Yoga Therapy

Leader: Michelle Stortz
(*Grand Ballroom A–C*)

The storms keep coming, be they environmental, political, social, or personal—trauma in so many forms. To help us cope, we practice yoga to stay anchored in our bodies and meditation to stay clear-headed. But a lesser-known practice can also be a powerful aid to navigating rough emotional waters. The *brahmaviharas* are four heart qualities that help us to stay emotionally healthy and steady: loving kindness, compassion, sympathetic joy, and equanimity. Although frequently taught in Buddhism, the *brahmaviharas* pre-date the Buddha and have possible roots in the Upanishads. Patanjali references these four qualities in the Yoga Sutras, too.

This workshop will explore each of the *brahmavihara* qualities: what they are, how to practice them, and how to stay rooted in them when clients bring their storms. We'll consider how we can integrate heart awareness and practices into yoga therapy sessions. We will practice each quality, explore loving-kindness meditation, and find applications in our own lives and work to elevate our teaching and therapeutic skills. We'll also discuss the challenges that may arise with these practices.

When we encounter stress of all kinds, we can use the *brahmaviharas'* qualities of love as our guiding star, helping us to stay aligned with our intention to be kind, be of service, and do no harm. This, the sages say, will lead to tranquility (Yoga Sutra 1.33).

WS04—The New Immigration Crisis: Creating Trauma-Informed Yoga Programs for Asylum Seekers, New Immigrants, and Refugees

Leaders: Regina Barrett & Mona Flynn

(Grand Ballroom E)

Asylum seekers, new immigrants, and refugees are displaced and assimilating a new culture as they attempt to create new lives in a new country. The past decade has seen a wave of people fleeing climate-related natural disasters, war, and starvation. This movement will continue as climate change affects food sources and causes natural disasters worldwide. Wars and gang violence are additional ongoing issues that cause people to flee their countries of origin around the world. Complex trauma is often the result of such displacement. Trauma-informed yoga helps people learn to self-regulate trauma symptoms, so these new residents can function in society, make a living, and support themselves and their families.

Trauma has been studied in recent years from many approaches that broadly encompass varied situations while recognizing that our perceptions as well as the events themselves affect the residue of our unique experiences. Yoga’s many tools for self-regulation begin with *svadhyaya* (self-study) to understand our unique stressors,

perceptions, reactions, and biases. The use of these self-regulatory tools has a long history that now includes contemporary research into the scientific mechanisms of such effects.

To guide yoga practices for self-regulation, as yoga therapists we must do our own work first and stay within our scope of practice. Cultivating our toolbox requires learning how to use these methods to replace *samskara* (deeply ingrained patterns) when the protective survival instincts of our reptilian brains react. This workshop introduces work with immigrants, refugees, and asylum seekers alongside innovative ways of applying trauma-informed yoga and yoga therapy. We will weave trauma and posttraumatic growth with yoga therapy, including recent theoretical models, and experience a practice that encompasses somatics, psoas release, tremor response, breathwork, and restorative postures. Workshop participants will also discuss how to make yoga therapy offerings visible to marginalized groups, removing bias and preconceived notions in marketing, community partnerships, and collaborations. We will have time for journaling and integration.

4:30–9:00 pm | EXHIBITS OPEN (*Foyer*)

5:00–6:30 pm | BREAK

Join Ann & Molly on the Italian Riviera, where the mountains meet the sea on the Ligurian Coast of Italy. Your home will be in a castle on the picture perfect peninsula of Sestri Levante. Your adventures will be in food, fun, community and the beauty of Italy. Your yoga therapy will be SomaYoga to support your joy each day.



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WITH ANN & MOLLY
MAY 16-22, 2024



Training Dates & information at YogaNorthDuluth.com
Level 1 Yoga Therapy Certification Program Begins Oct 2023
Level 2 Yoga Therapy Certification Program Begins Nov 2024

6:30–7:30 pm | WELCOME & OPENING CEREMONIES
(Grand Ballroom D)

7:30–9:30 pm | RECEPTION (Foyer)

Friday, June 16

6:30–9:00 am | BREAKFAST (ON YOUR OWN)

7:00–8:00 am | MORNING PRACTICES

MPF01—Catina Topash: Sound Bath (Lake Anne Room)

Immerse yourself in a meditative and spiritual experience where you will be bathed in sound and vibration. Soothing vibrations from crystal and Tibetan singing bowls, tuning forks, harmonium, gong, flute, mantras, and more affect different organs, emotions, illnesses, diseases, chakras, and trauma. This concert for the soul invokes relaxation, self-discovery, and inner exploration. As vibrational beings in a vibrational universe, sound has the power to unite all of us, everywhere. As Pythagoras said, “The highest goal of music is to connect one’s soul to their Divine Nature, not entertainment.”

MPF02—Joy Ravelli: Let Your Dharma Lead You
(Grand Ballroom A)

Set your soul free in this self-paced authentic yoga practice. Carefully curated instructions invite participants to follow their own rhythms and natural ways of movement. In this class you will experience yoga postures as a means of expressing yourself and your path forward. Cues will be based on each of the five elements, or *panchamahabhuta*, as well as the four aims of life, or *purusharthas*: *dharma*, *kama*, *moksha*, and *artha*.

You may want to bring a journal to record what arises from the guided journey and meditative states experienced, as well as any props needed for comfort. This class will inspire each of us to go inward to explore our own true action in this world and access our next steps of service and stages of development. Trust in the practice, and your truth will be revealed.

MPF03—Maryam Ovissi (She/Her): The Stories of Asana for Therapeutic Use (Grand Ballroom B&C)

Storytelling is one of the most ancient practices of teaching. Stories are part of Vedic wisdom transmission and philosophically anchor major concepts. Stories are woven into yoga philosophy from the Upanishads to modern puranas and tantras.

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STRUCTURAL OBSERVATION: [Diagram of human body]

GOALS: SHORT-TERM GOALS, LONG-TERM GOALS

ASSESSMENTS: AYURVEDIC ASSESSMENT, ENERGETIC ASSESSMENT, PERSONALITY ASSESSMENT

SESSION NOTES: [Form with S, O, A, P labels]

YOGA SEQUENCES: PRACTICE 1, PRACTICE 2

Personal information: First name *, Last name *, Email *, Occupation

Main concerns: This section will be automatically filled once your Client fills out Intake form (found in Forms). You can edit this information at any time.

Reasons for trying yoga

Current challenges

Diagnosed conditions

Areas of pain or mobility limitations

Physiological issues

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According to Sri Krishnamacharya, *bhavana* (ability to recall a feeling) is one of the most important aspects of yoga. Some yoga asana offer stories that can be part of yoga therapy and offer an invitation for the asana to cultivate a *bhavana*. Learning to use these stories with clients can support growth and creative expansion. This class will incorporate the stories of *garudasana*, *dandasana*, and *sukhasana*.

MPF04—Deborah Charnes: First Love Yourself
(Grand Ballroom F&G)

The American Heart Association dedicates February as a month to love and care for your heart health. High-fives to that. But we need to love and care for our hearts emotionally and spiritually, too. Women in particular are often people-pleasers and nurturers, and all of us in the healing profession are quick to want to help clients. Do we spend the same amount of energy on self-care? Because you can't help others if you don't first help yourself, Deborah designed "First Love Yourself" workshops.

This session is appropriate for people of all ages and physical limitations and begins with savoring heart-opening cacao. As the body processes the cacao's benefits, participants are guided through heart-opening restorative poses, meditation, poetry, and introspective exercises, accompanied by background music tuned for the heart chakra. Afterward, you'll receive multiple handouts,

including a self-care checklist. Drink chocolate and love yourself—can it get any better than that?

MPF05—Stephanie Avant (She/Her): An Exploration of AUM (Grand Ballroom E)

This refreshing morning practice will explore the concept and vibrations of A-U-M as related to the birth-life-death-rebirth cycle. Attendees will be invited to chant at certain points throughout the practice, and variations will be offered to make this session a gentle experience suitable for all levels.

9:00 am–6:00 pm | EXHIBITS OPEN (Foyer)

9:00–9:30 am | OPENING (Grand Ballroom D)

9:30–10:30 am | KEYNOTE—Anupama Kizhakkeveetil: Infinite Possibilities Through Yoga (Grand Ballroom D)

Yoga reveals to us the supreme power of the body and mind as a state of being, not just doing. We will explore how the practice also unfolds transformational methods to promote health and wellness.

Physical, mental, and spiritual implementation of yoga can uplift our conscious and subconscious minds and provide the tools to escape

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worldly suffering. Regular yoga practice will help us to understand more deeply who we are and maintain awareness of our true potential and state of homeostasis. The research literature indicates that several yoga practices can positively influence inflammation, gene activity, telomere length, and the gut microbiome. This presentation will discuss various time-tested methods explained in yoga philosophy that stand to help us to lead an optimum life in the modern world, with better mental, physical, perceptual, and emotional experience.

10:30–10:45 am | STRETCH BREAK (*Grand Ballroom D*)

10:45–11:15 am | GENERAL SESSION—Suzie Carmack: YOGA THERAPY PROGRAMMING IN CLINICAL AND RESEARCH SETTINGS

Are We There Yet? Why Evaluation Matters in the Practice and Promotion of Yoga Therapy (*Grand Ballroom D*)

In keeping with the guidelines set out by IAYT’s Code of Ethics and Scope of Practice, yoga therapists design customized yoga therapy programs for one-to-one and small-group clients. As our field evolves and expands, we must each evolve and expand, too—in how we (1) co-create yoga therapy programs that incorporate the latest findings from research; (2) measure and evaluate client outcomes; and (3) message and promote the value that yoga therapy offers to the public, clients, and providers.

In this experiential learning session, we will walk through Dr. Carmack’s kosha-based logic model for designing evidence-informed and outcomes-based public health interventions, which she has developed in both her private yoga therapy practice and in her leadership of enterprise-level public health campaigns and training programs. Participants will leave the session understanding how they, too, can apply this simple and client-centered process for the design, evaluation, and promotion of yoga therapy sessions in clinic and community health settings.

11:15–11:55 am | IAYT UPDATES (*Grand Ballroom D*)

11:55 am–12:00 pm | REMEMBERING OUR FRIENDS (*Grand Ballroom D*)

12:00–2:00 pm | LUNCH & BREAK (*ON YOUR OWN*)

2:00–3:45 pm | CONCURRENT SESSIONS

TF01—Per Erez: Hanna Somatic Yoga: The Four Functions of Movement (*Grand Ballroom D*)

All movement practices share basic precepts that help to illustrate the process of developmental evolution. For example, in Hanna Somatic yoga, the idea of “moving from the somatic center” is an important part of yoga’s role in modern movement education.



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Such universal movement precepts can help students ease their daily stress, create space for the growth of kinesthetic intelligence, foster self-agency, and reduce or even eliminate pain.

In this session, Thomas Hanna's four basic somatic functions will form the basis for illustrating how movement on earth unfolded. Explore (1) standing and balancing, (2) facing and moving, (3) handling and expressing, and (4) timing. After introducing the four concepts in general terms, we will continue with a guided somatic yoga movement sequence that highlights these tenets. Useful principles, tools, and terms such as pandiculation, motor-sensory amnesia, and the value of the first-person perspective, will be discussed.

We will also address the universality of the methodology—specifically, the foundational principle of the first-person perspective as the most relevant contribution to both individual somatic self-expression and collective social justice movements.

TF02—Catherine Justice: Yoga Therapy in a Safety-Net Hospital: One Path to Equity, Access, and Healing
(Lake Anne Room)

Bringing yoga therapy into mainstream healthcare systems presents myriad challenges and rewards. Issues related to insurance reimbursement, program delivery, working with special populations, and navigating systems of medical trauma all

contribute complexity to reaching historically underresourced populations with the healing powers of yoga through both conventional and integrative medical care models.

In this workshop-style session, we will delve into lessons learned from bringing yoga therapy into Hennepin Healthcare Systems (HHS), a level 1 trauma center and safety-net hospital system in the heart of downtown Minneapolis. From one-to-one yoga therapy to patient groups focusing on specific conditions (maternal mental health, long COVID, chronic pain, cancer care, etc.), provider well-being initiatives, and community partnerships, this session will explore the innovative and far-reaching ways in which yoga therapy is being offered to everyone at HHS.

By integrating yoga into hospital systems such as HHS, new communities of patients and providers experience first-hand the transformational and healing power of yoga. Drawing on lived experience and evidence-based research, this session will give yoga therapists a strong foundation to leverage when approaching or working with hospital systems in their own communities, expanding the reach of yoga therapy to everyone.

TF03—Malisa Szalkiewicz: Manifesting Your Yoga Therapy Career: Bringing Your Skills to Medical Settings
(Grand Ballroom A–C)



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You will learn how clinics and hospitals are finding ways to pay their yoga therapists, how to get your foot into the door, and functional and safe yoga practices to share. We'll be sharing a program and curriculum that is ready for you to take to clinics and hospitals and implement in individual and small-group yoga therapy sessions. You don't have to do this alone!

TF04—Denver Clark: Embodied Activities for Addressing the Koshic Model with Clients (*Grand Ballroom E–G*)

This session reviews the *panchakosha* (five sheath) model and incorporates examples of interactive activities, writing exercises, and original meditations that yoga therapists can use to assist clients in healing. We will begin with a discussion of the importance of client education throughout the experience of yoga therapy. Following this exploration, participants will have a chance to experience the activities for themselves and leave with tools to use the practices in their own work with clients.

3:45–4:15 pm | BREAK

4:15–6:00 pm | CONCURRENT SESSIONS

TF05—Joann Lutz: Working with Targeted Yoga Therapy Interventions to Resolve Nervous System Dysregulation (*Grand Ballroom D*)
 Researchers have described six physiological states in the trauma cycle, beginning with arousal and spanning fight or flight, freeze, two types of immobility, and recovery. This session will present yoga therapy interventions for each stage, together with the empirical and theoretical bases on which they rest.

In this work of "Nervous-System Informed, Trauma-Sensitive Yoga," participants will be guided through an experience of each physiological stage. We will also explore interventions appropriate for a range of diagnoses related to nervous-system dysregulation, including PTSD, anxiety, and depression.

TF06—Arya Pretlow: The Yoga Therapist's Guide to Using Motivational Interviewing and SMART Goals to Support Client Change (*Grand Ballroom E–G*)

Motivational interviewing is an evidence-based communication process that supports change behavior by centering the conversation on the client and their reasons for considering a change. SMART (specific, measurable, achievable, relevant, time-based) is a goal-setting framework that helps clients set workable, realistic goals. In this session you will learn how

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to skillfully use both motivational interviewing and SMART techniques to help clients (1) communicate their feelings about making a behavior change, (2) center themselves as the agent of the intended change, and (3) co-create a plan for change. We will explore how these techniques can help even an ambivalent yoga therapy client gain clarity about opportunities for growth while developing a stronger sense of empowerment through self-directed change behavior.

TF07—Charles B. Crenshaw, Jr.: Racism, Sexism, Social Stress, and Yoga Therapy (*Lake Anne Room*)

What might Patanjali's Yoga Sutras, a foundational text of yoga psychology, say about how people are impacted by such forces as overt aggression and micro-aggression like those directed toward BIPOC, feminist, and LGBTQ communities? How might ayurveda explain the path from experiencing these aggressions to the development of psychosomatic disorders such as hypertension, diabetes, or heart disease? This session will consider what the Yoga Sutras explain as a healthy mind while considering the intersectionality of adverse childhood experiences, racism, sexism, and more in our society. We'll address how a yoga therapy-based intervention grounded in the psychology of the Yoga Sutras can help to overcome the ill effects of racism, sexism, and social stress. Practicum during the session

will involve understanding some deeper aspects of body-breath-mind relationships and stress. This information and awareness is good for clients and for ourselves.

TF08—Steven Weiss: Postural Alignment and its Direct Application to Yoga as Therapy (*Grand Ballroom A–C*)

Yoga alignment is a foundation of the physical practices of yoga therapy. When alignment follows our anatomy and our body mechanics, yoga asana becomes therapeutic. The better we understand how the body functions, the greater our ability to help clients. By nature, anatomy has many variations, but rarely does the mechanical nature of our joints, ligaments, and musculoskeletal system function differently from person to person. We can therefore apply certain principles to offer great benefit in both yoga teaching and yoga therapy. In this comprehensive yet easy-to-understand session, you will learn essential concepts of movement and alignment and distinguish correct posture from misaligned posture. Appropriate hands-on methods to assist students into proper alignment will be explored. We will also discuss common injuries and conditions and how to best approach them as yoga teachers and yoga therapists.

Please bring a mat if possible.

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6:00 pm | DINNER (ON YOUR OWN)

7:30 pm | ALUMNI & SPECIAL-INTEREST MEETINGS

Certification and Approved Professional Development

(Grand Ballroom F)

Leader: Nancy Sinton

Join the IAYT Certification and APD Team to discuss any topics related to C-IAYT certification or Approved Professional Development. Get your questions answered about the Certification Exam, Portfolio Review & Evaluation program, becoming an APD provider, and more.

Let's Play! Yugo, the Yoga Game Demonstration

(Grand Ballroom A)

Leader: Ali Popivchak (Pittsburgh Yoga Therapy)

Join Ali Popivchak, C-IAYT, creator of Yugo, for a fun evening of yoga, play, and community. Leave the session feeling confident adding this accessible, collaborative game to your yoga therapy toolbox.

The Life and Career of a Yoga Therapist (Reston A-C)

Leader: Nicole DeAvilla

Yoga Professional Academy invites you to a discussion for both yoga therapists and program directors and faculty. What are

the opportunities and challenges, as well as the joyful fulfillment, of becoming a yoga therapist? Should yoga therapy training programs provide career counseling? Do yoga therapists have to become marketing experts? How can yoga therapists find mentoring and business support?

In addition to conversation on these important topics, learn more about the One Million Happy, Healthy Humans initiative to help people benefit from working with a certified yoga therapist and combat rampant cardio-metabolic diseases, anxiety and depression, and chronic pain.

School of Mindfulness & Sound Healing (Lake Anne)

Leader: Bill Gisclair-Sullivan

Join Bill Gisclair-Sullivan, founder and senior director of Meditate: School of Mindfulness & Sound Healing, as he reflects on the mantra of *Sound + Intention = Healing*. Bill will use crystal singing bowls, Tibetan bowls, drums, gongs, and other instruments to journey through the koshas. Experience this moment of bliss of the heart as we come together with a shared intention of loving kindness for the world.

Visit us at SYTAR 2023 to learn how we can help you apply the wisdom of meditation, yoga, and journaling with contemporary grief research to help reduce suffering and increase resilience for life after loss.

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Society for Integrative Oncology Yoga Special Interest Group (Grand Ballroom E)

Leaders: Tina Paul and Tina Walter

Interested in yoga therapy in cancer care? Join members of the Society for Integrative Oncology's Yoga Special Interest Group to network and learn more about our important work and how to join. SIO members and nonmembers are welcome!

Spirituality and Yoga Therapy (Grand Ballroom G)

Leader: Lee Majewski

Interested how spirituality fits into yoga therapy? Join us for the evening of discovery, discussion, and exploration of what spirituality is and the role it plays in healing and well-being. Learn what opportunities are presented in healthcare for spiritually oriented yoga therapists.

Synergy of Yoga Therapy and Chiropractic Care (Grand Ballroom C)

Leader: Sherry McAllister

Join Sherry McAllister, DC, president of the Foundation for Chiropractic Progress (F4CP) to explore the relationship between yoga therapy and chiropractic care. Understand the role of the

spine as the center of the nervous system and how chiropractic care can help yoga therapy clients on their journeys. Plus, learn about F4CP resources that may help you and how you can get involved in the organization.

Up & Coming Yoga Therapists Sangha (Grand Ballroom B)

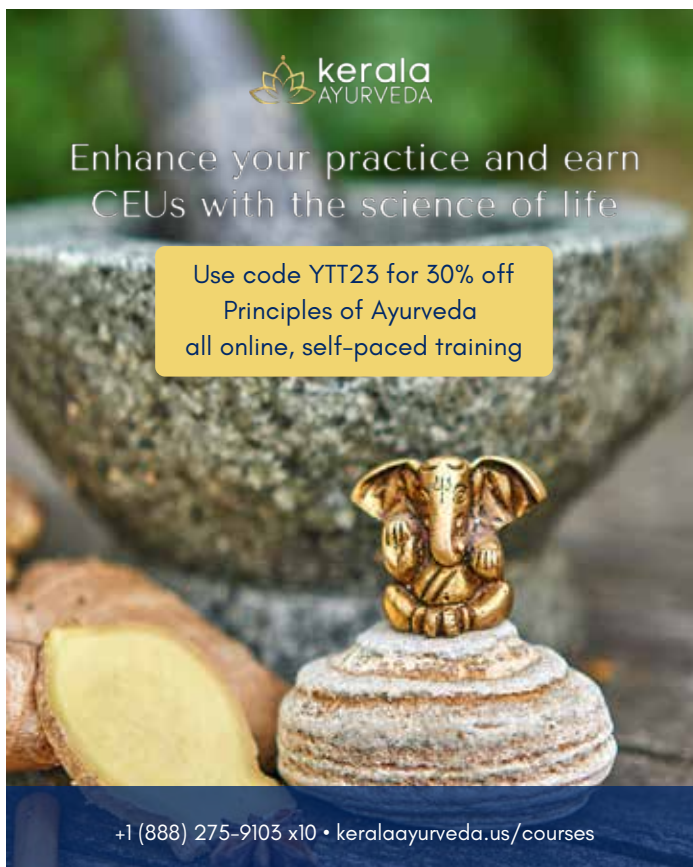
Leader: Kelly Froio

Students and newly certified yoga therapists: Come together to share your yoga therapy journey and learn how your peers are establishing themselves in business. This networking event continues our regular online Up & Coming Yoga Therapists Sanghas, and we'd love to see you if you are enrolled in a training or in the first 2 years of your professional yoga therapy practice!

Yoga Therapy Research: From A to Z (Town Center A&B)

Leader: Sat Bir Khalsa, PhD

Interested in biomedical research on yoga therapy? Join Sat Bir Singh Khalsa, PhD, editor in chief of IAYT's *International Journal of Yoga Therapy*, chair of the scientific program committee for our Symposium on Yoga Research, and associate professor of medicine and yoga researcher at Harvard Medical School for a discussion of topics such as trends in yoga therapy research, accessing published research, evaluating publications, and getting involved in research yourself.



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Saturday, June 17

6:30–9:00 am | BREAKFAST (ON YOUR OWN)

7:00–8:00 am | MORNING PRACTICES

MPS01—Kristen Kolenda: Navigating the Mind: Supporting Serious Mental Illnesses with Yoga Practice
(Grand Ballroom C)

Join Kristen Kolenda for a yoga practice suitable for all levels and ages. Explore dynamic mindfulness, movement, pranayama, and guided relaxation to help regenerate and coordinate body and mind while addressing some of the common concerns associated with serious mental illness. Subtle-body practices will be woven throughout, and anecdotes will be shared to offer insight and a sense of unity with communities of people who have serious mental illnesses.

Please bring a mat if possible.

MPS02—Mala Cunningham: Neuro-Yoga: Experience and Understand Yoga Through the Lens of Neuroscience
(Lake Anne Room)

Enjoy a specialized practice of yoga that focuses on understanding how to balance a dysregulated nervous system and impact

on the vagus nerve. During each asana series, learn how a specialized routine of postures and breathing practices affects autonomic nervous system regulation and contributes to self-regulation, self-care, and healing. The concepts of interoception, proprioception, and neuroception (which heighten awareness of internal messaging), will also be taught, along with the gunas and polyvagal theory. Emphasis will also include learning which hormones are activating, and how the practices are affecting our neurobiology. Learn which asana and breathing practices are recommended for relieving depression and which practices are recommended for anxiety reduction. Leave with a sense of agency regarding the impact of yoga on your nervous system, as well as a deeper understanding of how healing can be more fully activated through an understanding of our neurobiology.

MPS03—Swami Sivasankariananda: Consciously Recharge with Pranayama (Grand Ballroom A&B)

Pranayama is one of the most important practices in all forms of yoga. By regulating the physical breathing, we control the nervous system, then gradually gain control over the prana and the restless mind. The whole body—every cell—is controlled by the force of prana.

We'll start with relaxation and a few sun salutations, then practice *kapalabhati* (skull-shining breath) to clear the lungs and nasal

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passages and bring vitality. Next comes 20 rounds of *anuloma viloma* (alternate-nostril breathing) in the classical proportion of 1:4:2 (inhalation:retention:exhalation) at a pace that suits the group. Class will end with relaxation. Purify the mind. Build up a storehouse of prana. Develop willpower. Radiate vitality and strength with a healthy body and mind.

MPS04—Nicole DeAvilla: Wake up and Recharge with the Spinal Six (*Grand Ballroom G*)

“Your SPINE is your body BATTERY. Keep it CHARGED.”
—Paramahansa Yogananda

To feel refreshed, renewed, and recharged daily you only need six spinal movements, with a dash of ancient yoga secret sauce and scientific grounding, expertly blended and personalized for your unique needs. In this class, experience more than one way to deliciously transmute your energy through asana, breath, affirmation, and meditation by focusing on your spine and its natural movements. At the same time, bath your physical body with the flow of energy from tuning into and moving your spine safely within your personal range of motion. You will be guided to direct your energy inward and upward for a peaceful flow of devotional energy. From movement to stillness, come experience a unique way to awaken your spine and your mind and feel



SIO's mission is to advance evidence-based, comprehensive integrative healthcare to improve the lives of people affected by cancer.

We invite you to join SIO and the Yoga Special Interest Group (Yoga SIG), a vibrant community of yoga professionals working in cancer care.



<https://integrativeonc.org/join-sio>

renewed, peaceful, and recharged. Through the power of posture, the animation of alignment, and the inward focus of introspection, leave ready for the day vibrant, focused, and relaxed.

Please bring a mat if possible.

MPS05—Denver Clark: Yoga for Pelvic Floor Awareness and Grounding (*Grand Ballroom E&F*)

This practice will offer stability and grounding through functional movement, pranayama, guided imagery, and awareness of the root chakra *muladhara*. Whether you are hoping to settle yourself after traveling, solidify new information learned at the conference, or simply reconnect with your body, this practice can reframe our relationship to energy/body awareness and is useful for practitioners and future clients alike. Let's take a moment to ground and arrive together at SYTAR!

Please bring a mat if possible.

9:00 am–9:00 pm | EXHIBITS OPEN

9:00–9:15 am | OPENING (*Grand Ballroom D*)

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YogaFit Healthcare weaves the ancient wisdom and traditions of numerous yoga lineages and Ayurveda with modern science to educate, inspire, and train yoga therapists to skillfully assist and empower those they work with to take an active role in their healing, health, and wellness using yoga tools.

Yoga for Everybody and Every Body

YogaFit is proud to be offering APD credits for two of our trainings. Choose from [YogaFit Yoga for Intergenerational and Collective Trauma](#) or [YogaFit Teen Mental Health](#). Use discount code **YFAPD23** to save 25% off these trainings online or in person through July 31, 2023.

Learn more



9:15–10:15 am | KEYNOTE—Per Erez: Developing an Embodied Experiential Learning Spiral (*Grand Ballroom D*)

How do we learn what we learn? How do we teach what we know? The central inquiry of this presentation invites learners and teachers of embodied practices to consider how adult models of learning consciously or unconsciously impact the work we do in the world.

Although there are numerous theories on learning for children and adults, we will consider how an experiential learning spiral model focused on yoga therapy, Hanna Somatic Education, and other practices can facilitate an embodied approach to learning. Per will share aspects of his journey as a “naïve” meditator, which eventually led to practices associated with numerous contemplative and movement traditions. He will discuss the learning environments and teachers whose work most directly influenced his development of this method and share how using the learning spiral facilitates movement practices.

An embodied experiential learning spiral model encourages intuition and leaps of imagination from learners, inviting inquiry that develops instructional scaffolding to support self-growth. We will explore universal truths common in many consciousness-based movement disciplines by seeking concepts and skills that cross-pollinate to offer opportunities for movement-based learning. Shifting from a conventional approach to learning body-based practices, which tend to be insular, allows us to consider a new relationship with how we

integrate our interactions with the body-mind complex. This approach also clarifies the potential access points common across a wide arc of esoteric wisdom traditions.

10:15–10:30 am | STRETCH BREAK (*Grand Ballroom D*)

10:30–11:00 am | GENERAL SESSION—Jayashree Pathak: YOGA THERAPY PROGRAMMING IN CLINICAL AND RESEARCH SETTINGS
PROMIS-Based Evaluation of Medical Yoga Therapy in a VA Hospital (*Grand Ballroom D*)

The U.S. Veterans Administration hospital in East Orange, N.J., is among the flagship sites for the VA’s Whole Health initiative. Medical yoga therapy (MYT) is one of the key modalities offered as a part of this exciting clinical care approach.

Since 2015, MYT has grown to serve hundreds of patients annually through thousands of hours of therapy sessions. Military veteran patients referred for MYT by their healthcare providers typically have multiple chronic conditions and complex mental health issues in addition to war-related injuries and experiences.

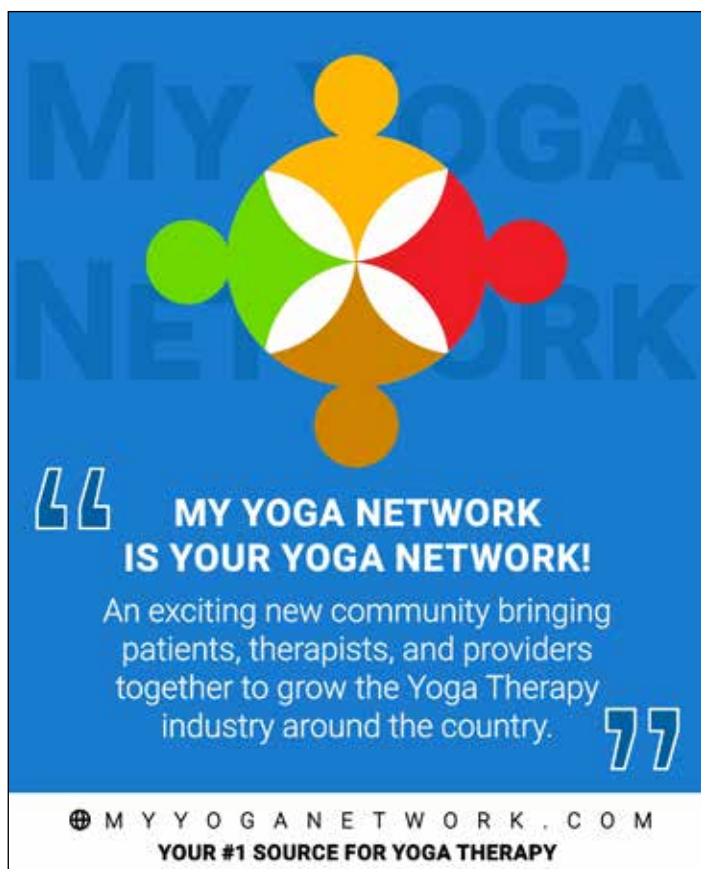
In the early years, qualitative patient feedback was collected in the form of a survey to self-describe benefits and improvements related to MYT. When this survey produced substantially positive results, an objective and reliable measure-based evaluation was implemented. Results from this Patient-Reported Outcomes Measurement Information System (PROMIS) also indicate significant benefits in various domains for those who receive MYT.

Join Dr. Jayashree Pathak, lead yoga therapist at the East Orange VA Medical Center, to learn what is medical within MYT. We will also consider case examples; delve into what makes VA patients, including those working with substance-use disorder and military sexual trauma, unique; and elaborate on the VA’s workflow for enrolling yoga therapy participants. The session will cover the rationale for choosing PROMIS as well as other details about the measure and the results of MYT.

11:00 am–12:00 pm | PANEL—Charles B. Crenshaw, Jr. (Moderator), Cheryl Fenner Brown, Barbara L. Ley, and Jeff Masters: Skillfully Navigating Times of Challenge (*Grand Ballroom D*)

Join us for a robust discussion of effecting meaningful change even amid the most trying circumstances. Each presenter will offer their own uniquely informed perspective on using yoga therapy to work with areas such as pandemic-related stress, medical trauma, racial stress and trauma, and natural- and human-created disasters.

12:15–2:00 pm | LUNCH & BREAK (*ON YOUR OWN*)



2:00–3:45 pm | CONCURRENT SESSIONS

TS01—Charles MacInerney: Yoga Therapy and the Art of Setting Goals (*Grand Ballroom A–C*)

The art of setting goals, for ourselves and with clients, is an essential skill for any yoga therapist. When done well, goal-setting banishes boredom and fear, improves concentration, and enhances performance.

Goals serve one of three purposes. The most obvious is as the first step for anyone seeking to improve the quality of their life. When used with skill, such “destination goals” can help us to project our will into the future, converting a dream into reality; they motivate and guide our actions. The second type, “process goals,” help us stay focused with one-pointed attention in the present moment, in the face of changing external and internal environments. When used skillfully, process goals support destination goals by improving concentration and performance. The third—and most overlooked—role of goals is to shape consciousness. Rather than thinking of concentration as something that helps us pursue goals, we realize that it is the skillful use of goals that aids in concentration.

Athletes talk about being in the zone, corporations seek peak performance, and psychologists describe peak experiences and states of flow. In yoga we call this dharana, the sixth limb. With practice we can learn to shift our own state of mind from boredom or anxiety toward deeper states of flow. Then, we can begin to help clients do the same. When clients learn to focus on and enjoy the present moment process of their practice, results follow naturally. This session includes an experiential component, so be prepared to move and have fun!

TS02—Sarah Blunkosky: Yoga Therapy for the Weaponized Information Age: Addressing Overload, Trauma, and Confusion (*Grand Ballroom E–G*)

Have you ever noticed an energy shift when you entered a room with a newscast playing? Have you felt the punch of a commercial targeted at you? Do you become activated when someone is aggressively sharing political opinions? Ever notice a nonspecific ailment that seems to extend beyond a natural stress response?

Military historians refer to our current age as one of **information warfare**. Although we are experiencing an era of unprecedented growth, we also live in a world where information is routinely weaponized, often without the intended target knowing. Following the lead of anti-racist teachers and healers, we now have intersectional frameworks in place to help us recognize and release wounds in learning journeys—especially important now, in the age of weaponized information.

This session will explore coping and healing in this era through an expansive and actively intersectional framework that is gender-expansive, anti-ableist, anti-racist, neurodiverse, and de-centering of Whiteness. Learn how the ancient and respected science of yoga therapy and its tools can be considered alongside recent research on advertising’s effects in children and adults and other relevant studies. We’ll uncover symptoms, mechanisms, and methods to assist individuals in working through the toxic overload, trauma, and confusion of living through and processing an age of weaponized information.

TS03—Libby Hinsley: Understanding Hypermobility Syndromes for the Yoga Therapist (*Grand Ballroom D*)

Hypermobility syndromes, including hypermobile Ehlers-Danlos syndrome (hEDS) and hypermobility spectrum disorder (HSD), are poorly understood and poorly diagnosed in the medical community. Many researchers suggest a prevalence of hEDS/HSD far higher than previously considered, with estimates as high as 1 in 500 people. For those who suffer with the multisystem ramifications of hEDS/HSD, the average time to diagnosis is 10–12 years. Along the way, many experience the gaslighting and medical trauma that often befall people with poorly understood—and largely invisible—health conditions.

Many roads lead people with hypermobility syndromes to yoga practice. They often receive positive feedback for their physical abilities, and many suffer with other complaints they hope yoga can ameliorate, including poor sleep, anxiety, and widespread pain. However, greater-than-normal joint range of motion is the tip of the iceberg, as this population commonly struggles with an array of challenges including fatigue, autonomic dysfunction, mental health diagnoses, digestive and immune challenges, and a higher prevalence of neurodevelopmental differences.

Although injury prevention is a worthy goal, yoga therapy has far more to offer this population through the appropriate application of many elements of practice. Yoga therapists need a fundamental understanding of hypermobility syndromes, as they are likely to draw clients with these conditions and are in a unique position to help craft practices that serve this population’s thriving—physically, physiologically, mentally, emotionally, and spiritually. We can help to re-orient individuals with hEDS/HSD toward an internal locus of control so they can understand, accept, and advocate for their own needs.

TS04—Barbara L. Ley: Yoga Therapy for College Student Mental Health During COVID-19 and Beyond: Trauma-Informed and Social Justice Perspectives (*Lake Anne Room*)

Over the past few decades, rates of anxiety, depression, and chronic stress have increased among college students. Many enter college with existing mental health struggles, and the

stressors of school can intensify these struggles as well as contribute to new health challenges. Moreover, students may face barriers to care, as many universities are not equipped to handle the growing need for mental health services. The COVID-19 pandemic has only worsened this situation by exacerbating student mental health struggles and creating additional barriers to care on and off campus.

Key student groups face their own unique sets of mental health stressors that university services may not adequately address. For example, those who participate in academic, campus, or community-based work that exposes them to trauma do not always receive resources and training for managing their own well-being. A disproportionate number of female students experience sexual violence on and off campus. Many other students face hostility and marginalization because of their gender identity and expression, racial and ethnic background, sexuality, and/or disability.

Yoga therapy has the potential to complement existing campus health services and help to address students' unmet needs. This session will cover key areas of bringing yoga therapy modalities to college students, including evidence-based tools and practices; consideration of session structure and format as well as therapeutic expectations; best practices and rationale for integrating DEI, social justice, and trauma-informed approaches into the work; and outreach strategies for connecting to university and student communities.

3:45–4:15 pm | BREAK

4:15–6:00 pm | CONCURRENT SESSIONS

TS05—Anupama Kizhakkeveetil: Yoga for Quality of Life: What Does the Science Say? (*Grand Ballroom G*)

Yoga reveals to us the supreme power of the body and mind as a state of being, not just doing. We will explore how the practice also unfolds transformational methods to promote health and wellness.

Physical, mental, and spiritual implementation of yoga can uplift our conscious and subconscious minds and provide the tools to escape worldly suffering. Regular yoga practice will help us to understand more deeply who we are and maintain awareness of our true potential and state of homeostasis. The research literature indicates that several yoga practices can positively influence inflammation, gene activity, telomere length, and the gut microbiome. This presentation will discuss various time-tested methods explained in yoga philosophy that stand to help us to lead an optimum life in the modern world, with better mental, physical, perceptual, and emotional experience.

TS06—Felicia Tomasko & Kathleen Ross-Allee: Developing and Implementing Community Partnerships as a Yoga Therapist (*Lake Anne Room*)

As yoga therapists, whether we are students in a program, newly graduated, or long-time professionals in the field, we need to be creative in our approach to developing, implementing, building, and maintaining community partnerships. Because we are members of an emerging profession, we need to look for opportunities to share yoga therapy through expanding the audiences who are looking for these practices as well as by cultivating partnerships with yoga therapists and other healthcare professionals.

This experiential session will guide participants through a process that includes self-inquiry and skills inventory, identification of potential partnerships, working with healthcare organizations, and seeking funding sources. We will review effective communication skills and best practices for bridging modern healthcare and traditional yoga therapy. The session will include success stories and case study examples as well as an honest look at cautionary tales, paths gone wrong, and lessons hard won on the path of experience in developing community partnerships. We will also bring attention to inclusivity, cultural sensitivity, and an awareness of how the community of yoga therapists can move forward.

TS07—Swami Nirmalananda Saraswati: Ending Back Pain (*Grand Ballroom E&F*)

According to the American College of Physicians, low-back pain is one of the most common reasons for U.S. physician visits, and most Americans have experienced it. Explore Svaroopaa Yoga Therapy's approach to relieving back and neck pain. Based in the dictum, "All poses are for the spine," this therapeutic system offers yogic tools to decompress the spine for immediate pain relief and physical improvement.

Learn how to use one of the a foundational Svaroopaa Yoga techniques in a supervised partner exchange. We'll explore spinal anatomy experientially, then review it from the medical perspective. Although these therapeutic tools address structural issues, they overlap into the psychological and spiritual dimensions. We acknowledge that the roots of back pain are not merely physical, but are also found in mental-emotional experiences, relationships, discriminatory events, and other life circumstances.

We will also investigate the yogic map explaining the multi-dimensional therapeutic effects. The Svaroopaa Yoga paradigm, based in tantra, details the empowerment of individuals through weaving together the multiple dimensions within. Challenging times, whether caused by natural or human-created traumas, become easier to navigate skillfully. The specialty of Svaroopaa Yoga is this interweaving back into wholeness.

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Qualify for Portfolio Review & Evaluation (PR&E) as an experienced yoga therapist

Minimum of 800 hours over 2 years

Apply for C-IAYT

- ✓ IAYT membership
- ✓ Application
- ✓ Pass IAYT Certification Exam (when available)
- ✓ Pass Ethics and Scope of Practice Quizzes
- ✓ Provide evidence of completion required based on pathway

Remember: Annual membership is separate from C-IAYT certification

IAYT Review

If approved, C-IAYT credential awarded

24 CE credits are required for recertification

Determine the aligned competency area and submit for approval

IAYT-Direct

Approved Professional Development (APD)

Petition

The SYTAR and SYR conferences, plus programs like Supporting Clients with Long COVID

Recertification of C-IAYT credential
Every 3 years

TS08—Jeff Masters: Preparing the Mind for Working with Trauma with Yoga Therapy (*Grand Ballroom A–C*)

“If we do not make an effort to cultivate the fourfold virtues described in Sutra 1:33, we leave our mind unprotected.”
—Pandit Rajmani Tigunait

Peace of mind and equanimity of awareness are critical when working with trauma. The first step when preparing to work with embodied trauma is to stabilize, strengthen, and protect the field of the mind from the inner pitfalls and dangers that lurk in the depths of a troubled consciousness. The practice of yoga is one of the most effective ways to accomplish this. This informative and experiential session will explore ancient yogic and modern understandings of the mind and embodied experience and will introduce three simple methods for cultivating a calm, steady mind and internal sacred space. Within this space, the *samskaras* (and *vasanas*) of trauma can be identified, unwound, and allowed to rise gracefully into conscious awareness to be healed.

6:00–7:00 pm | BREAK

7:00–8:00 pm | BANQUET (*Grand Ballroom D*)

7:45–8:00 pm | SEVA AWARD, IAYT BUSINESS (*Grand Ballroom D*)

8:00–9:00 pm | KEYNOTE—Marc Halpern: Classical Yoga Therapy (*Grand Ballroom D*)

In its modern form, yoga therapy incorporates many modalities, some of which are deeply rooted in classical practices; others take a broader view, incorporating knowledge and practices found within Buddhism, Sanatana Dharma (Hinduism), the work of specific gurus, and modern psychology. Because contemporary yoga therapy is an eclectic field of study, students and practitioners can lack discernment about what is classical and what is not. This naturally controversial topic is open to a variety of opinions.

We’ll cover the classical approach to yoga therapy based on the common traditional texts, most notably the hatha yoga texts: *Hatha Yoga Pradipika*, *Shiva Samhita*, *Gheranda Samhita*, and *Goraksha Samhita*. We will consider the most important text of Raja Yoga as well, the *Yoga Sutras of Patanjali*. And no discussion of classical yoga could be complete without including knowledge from the *Bhagavad Gita*.

Learn, too, how classical yoga therapy is based on the ayurvedic understanding of bodily physiology. Together we’ll discover how integrating knowledge of ayurveda and yoga offers the yoga therapist the deepest understanding of the client and the greatest capacity to support them as they move from disease back toward health.

9:00 pm | CLOSING (*Grand Ballroom D*)



YOGA THERAPY CAN HELP..

Suzy was a 13-year-old with a genetic disorder and speech challenges made worse by stress. Her conditions affected her daily life in many ways, especially in interactions with schoolmates. Her yoga therapist worked with her on skills for self-regulation and grounding, and gradually, over the course of their sessions together, Suzy began to breathe easier and make beneficial choices that increased her self-confidence.

When Iris was a young adult, she witnessed a mass shooting that took the lives of friends and colleagues. She sought yoga therapy to manage the insomnia, anxiety, and binge

eating that resulted from this trauma. The calming and empowering yoga postures that Iris learned, along with breath and mantra, helped to lead her to healthy coping and readiness for her future.

Jayden, a U.S. Army photojournalist, was deployed to Afghanistan when the convoy he was riding in was hit by an IED. Months of medical care returned him to full functioning but didn't alleviate his chronic pain. After a friend recommended yoga therapy, Jayden explored breathwork and asana. He eventually integrated yoga practice into his life and was able to successfully pursue his dream of becoming a physician.



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These are just a tiny few of the thousands of stories each yoga therapist makes happen every day.

In the world envisioned by the International Association of Yoga Therapists, yoga is routinely considered in settings everywhere

as a therapeutic option for physical health, mental balance, and spiritual consciousness.

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- **Donate through PayPal**
- **Contact us on iayt.org with questions or to share your favorite story of a precious client**



Names have been changed.

Keynotes, General Session Speakers, and Panelists

Suzie Carmack, PhD, MFA, MEd, E-RYT 500, NBC-HWC, PCC, C-IAYT



Dr. Suzie Carmack is an award-winning yoga therapist, well-being promotion researcher, and trusted C-suite advisor to federal and global government

agencies. She is the best-selling author of *Well-Being Ultimatum* and *Genius Breaks* and was the leading science contributor on the topic of stress management for *Weight Loss for Life*, published by The Johns Hopkins University Press. Dr. Carmack serves as the Department Chair of Yoga Therapy and Ayurveda for Maryland University of Integrative Health (MUIH), senior scholar for the Center for the Advancement of Well-Being at George Mason University, and education advisory board member for the MedFit Education Foundation.

With 30 years of experience teaching in higher education and 20 years of experience as a yoga teacher and yoga therapist trainer, today she divides her time between program direction at MUIH; creation of evidence-informed and outcomes-based courses, retreats, and programs for leaders and their teams; and mentorship of subject matter experts who are ready to become authors so they can share their message and mission with the world.

Charles B. Crenshaw, Jr., MS, MDivW, C-IAYT



A Vietnam-era veteran with a Master of Science in Eastern Studies/Comparative Psychology, Charles B. Crenshaw, Jr., worked

as a yoga therapist/hypnotherapist at Rudolph Ballentine, MD's Center for

Holistic Medicine New York City from the mid-1980s to the early 90s. He has also practiced yoga therapy with people with hypertension and psychosomatic disorders, working full-time in the Rehabilitation Department of the Himalayan Institute Hospital Trust in Uttaranchal, India. He is the author of *Pathless Path: God, Grace, Guru* and co-author of *EFT for Meditation*.

Charles co-founded the nonprofit educational organization Inner Peace Yoga Center in Indianapolis. He is also senior teaching faculty for the Association of Himalayan Yoga Meditation Societies International, associated with Swami Veda Bharati's Swami Rama Sadhaka Grama. He is a meditation teacher authorized to give mantra diksha in the Himalayan tradition. Charles serves on the advisory board for the College of Yoga Science and Holistic Health of Swami Rama Himalayan University and practices yoga therapy, emotionally focused therapy, hypnotherapy, and neurolinguistic programming as a partner in Tools for Joyful Living LLC. He is an ordained interfaith minister who specializes in spiritual counseling.

Per Erez, RSME/T, C-IAYT



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meditation, tantra, and other consciousness-based movement disciplines. Curious about the experience of embodiment since his early teens, his first introduction to meditation at 15 was quickly followed by an introduction to the Bhagavad Gita.

Per's work combines the neuroscience of movement with the artistry of physical theater and Butoh-inspired dance. He has directed and facilitated yoga teacher training programs both online and in person

and is a faculty member of the Optimal State yoga therapy training program. In his hometown of Chicago, he taught in private practice for 2 decades. Currently, he lives in Southern California, facilitating programs at Sensei at Porcupine Creek, a wellness retreat center that combines wellness interventions and evidence-based health technologies.

Cheryl Fenner Brown, C-IAYT



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appreciate how she weaves together anatomy, philosophy, asana, mudra, sound, pranayama, and yoga nidra, blending science with yoga's ancient roots. Cheryl has trained with master hatha teachers from Piedmont Yoga Studio and Integrative Yoga Therapy as well as reiki masters on both coasts. This combination helps her to blend the traditional hatha teachings and alignment principles with subtle energy work and intuitive healing. She specializes in working with people with cancer and older adults in a variety of studio and clinical environments. Cheryl offers teacher training and mentoring in adaptive asana and the subtle practices of mudra, pranayama, sound, and yoga nidra for yoga schools and leads an annual "Healing Yoga for Cancer" training. She recently published the "Yoga Encyclopedia" app and contributed an article to the book *Yoga Therapy Across the Cancer Care Continuum*.

Marc (Shiva) Halpern, DC, AyD, C-IAYT



Dr. Marc Halpern is the founder and president of the California College of Ayurveda, the oldest school of ayurvedic medicine in the United States, and

a leader in the development of ayurvedic medicine in the West. He is the co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

Dr. Halpern has written four textbooks on the principles and clinical practices of ayurvedic medicine and the popular book, *Healing Your Life: Lessons on the Path of Ayurveda*. His latest textbook, *Classical Yoga Therapy*, is being published soon. He is also the author of the #1 best-selling meditation recording "Yoga Nidra and Self-Healing." Originally a doctor of chiropractic and postgraduate specialist in holistic medicine, he began his studies of ayurveda in 1991 with Dr. David Frawley and went on to study ayurvedic medicine with Dr. Subhash Ranade in 1993. Dr. Halpern is a teacher of yoga in the Sivananda lineage.

Anupama Kizhakkeveetil, PhD, MAOM, BAMS, C-IAYT



Dr. Anupama Kizhakkeveetil (Anu) is an ayurvedic practitioner, licensed acupuncturist, professor, researcher, and

program director of Ayurvedic Medicine at Southern California University of Health Sciences. In addition to her academic and clinical degrees, she is a Fellow in Integrative Medicine with the Academy of Integrative Health and Medicine. She also completed yoga teacher training at the Bihar School of Yoga. Dr. Anu has offered more than 140 conference presentations and published dozens of research papers in peer-reviewed journals. She currently serves on the Research Working Group of the Academic Collaborative for Integrative Health, and she recently completed an NIH-funded research study. Many of her research papers have earned special recognition at the conferences where they were presented, and Anu has received a number of awards for her work on ayurveda and complementary

and alternative medicine. In 2020, she received the Sheikh Zayed International Award for Ayurveda. She was also invited to attend the World Health Organization's international expert consulting meeting in 2019 and 2020. As an advocate for the ayurvedic profession and the advancement of its goals, Vaidya Anu serves on the boards of directors of the California Association of Ayurvedic Medicine, the

National Ayurvedic Medical Association, and the National Ayurvedic Accreditation Council. She has also completed 6 years of service as a member of the Action Board of the American Public Health Association, helping to coordinate grassroots and grassroots advocacy. She is the co-founder of **Athreya Ayurvedic Integrative Health Center** and **Athreya Herbs**.



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Barbara L. Ley, PhD, RYT-500, RCYT



Dr. Barbara L. Ley is an Associate Professor of Women & Gender Studies at the University of Delaware, where she holds a joint appointment in the

Department of Communication and serves as a core faculty member in the Center for the Study and Prevention of Gender-Based Violence. She is also a yoga teacher for adults and children, a yoga therapist in training, and a certified Trust-Based Relational Intervention practitioner of trauma-informed care for youth and families. Much of her current academic research, teaching, and campus service work focuses on feminist and social justice approaches to yoga, mindfulness, and trauma-informed care for undergraduate mental health and well-being. Dr. Ley has also written on these topics for academic peer-reviewed and practitioner publications.

Jeff Masters, LMT, C-IAYT



Jeff Masters is the founder of the Masters Institute, an organization dedicated to vibrant health, wellness, and the realization of our fully

actualized potential. With more than 40 years of mentorship, training, and personal practice, Jeff bridges the gap between Eastern and Western arts, sciences, and integrated lifestyles. His emphasis on the modern application of ancient wisdom creates accessible, embodied learning opportunities where understanding is inspired by direct experience and personal realization. Jeff's experience and training includes military service, trauma training, sports medicine, and somatic/ayurvedic therapies. Jeff currently serves on the board of directors for Veterans Yoga Project. Previously, he served as senior advisor, core faculty member, and executive board

member for Yoga For First Responders. In addition to mentorship and teaching, Jeff leads retreats, workshops, and trainings nationally and internationally.

Jayashree Pathak, MD, PGDYTD, C-IAYT



With more than 20 years each of family medicine and yoga therapy experience, Dr. Jayashree Pathak is a lead yoga therapist at the East Orange

VA Medical Center in New Jersey. She has had the privilege to develop and implement, since 2015, a medical yoga therapy (MYT) program for veteran patients. MYT is part of the Veterans Administration's Whole Health approach for clinical care, which aims to provide patient-centered treatment using multiple modalities. The MYT program has grown substantially to include participants with

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multiple and chronic conditions, psychiatry inpatients, PTSD, military sexual trauma, and domestic-abuse and substance-use disorders; it has become sought after, with about 300 new patients enrolling every year after being referred to by their care providers and about 3,000 hours of yoga therapy encounters provided annually.

Dr. Pathak has presented her work at international forums such as the Academy of Integrative Health & Medicine, International Congress on Integrative Medicine and Health, and the Yoga and Recovery Symposium, and on many occasions to the VA care provider community. Although MYT is now fully remote due to COVID-19, the program has continued to grow. Jayashree feels privileged to serve military veterans and contribute to their well-being.

Workshops

Gina M. Barrett, MIA, E-RYT 200, C-IAYT



Gina Barrett, author, trauma-informed Phoenix Rising Yoga Therapist, and Eastern movement instructor, has a Masters of International

Administration from World Learning, Inc. Prior to her work in holistic health, Gina worked in the environmental and social justice fields as an educator, technical specialist, and consultant. She was a founding member of Deerfield River Watershed Council and Nuestras Raices in Western Massachusetts and served on their boards. Gina has trained trainers and specializes in assisting clients with sexual assault trauma and sex reeducation. In this role, Gina shared yoga, workshops, and healing arts in Central American,

indigenous, and rural Caribbean cultures. She brings all these skills and experience to her work as the founder and volunteer acting director of Casa de Paz SLV. Gina is the winner of the 2022 Seva Award from IAYT and Give Back Yoga Foundation.

Andrea Deerheart Halpern, PhD, ELP, RYT-500



Dr. Andrea Deerheart is the passionate founder of The HeartWay, a nonprofit organization dedicated to embracing life by honoring death.

She is the author of *Yoga Nidra: Graceful Transitions* and *Elli's Ride: Death Beyond Imagination*. Using wisdom gathered from decades of guiding the living and dying physically, spiritually, and psychologically, Dr. Deerheart has provided loving care, education, counseling, and ministry dedicated to co-creating a visionary map

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Yoga Therapy across the Cancer Care Continuum

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with the dying and their families. With this map, she helps people navigate the labyrinth of fear, perplexing medical systems, emotional and spiritual landscapes, and practical end-of-life decisions. She also offers diverse programs emphasizing the relevance of the lessons learned near death for living a more loving and compassionate life. In addition to being a yoga teacher/trainer, Andrea is an End-of-Life Practitioner, cultural mythologist, and master yoga nidra teacher. She is a sought-after consultant, educator, writer, and poet.

Cheryl Fenner Brown, C-IAYT



Cheryl found yoga in 2001 to ease chronic back pain and became enchanted by the connections between the body, breath, mind, and emotions.

Students appreciate how she weaves together anatomy, philosophy, asana, mudra, sound, pranayama, and yoga nidra, blending science with yoga’s ancient roots. Cheryl has trained with master hatha teachers from Piedmont Yoga Studio and Integrative Yoga Therapy as well as reiki masters on both coasts. This combination helps her to blend the traditional hatha teachings and alignment principles with subtle energy work and intuitive healing. She specializes in working with people with cancer and older adults in a variety of studio and clinical environments. Cheryl offers teacher training and mentoring in adaptive asana and the subtle practices of mudra, pranayama, sound, and yoga nidra for yoga schools and leads an annual “Healing Yoga for Cancer” training. She recently published the “Yoga Encyclopedia” app and contributed an article to the book *Yoga Therapy Across the Cancer Care Continuum*.

Mona Flynn, MS, E-RYT 500, C-IAYT



Mona Flynn, an exercise physiologist and advanced provider of Tension & Trauma Releasing Exercises (TRE), also owns *Life Fit, Inc.*, a business dedicated to improving

lifelong well-being while building community. Mona is the founder and board chair of *The Yoga Connection*, a 501(c)(3) nonprofit that supports immigrant and refugee women through yoga therapy group classes. Currently, Mona is a doctoral student in the kinesiology program at the University of North Carolina at Greensboro. She is the winner of the 2020 Seva Award from IAYT and Give Back Yoga Foundation.

Michelle Stortz, MFA, E-RYT 500, C-IAYT



Michelle Stortz is a yoga therapist who specializes in oncology care. Since 2010, she has supported hundreds of cancer survivors in the Philadelphia

area. Michelle also teaches meditation, drawing on both the Theravada Buddhist tradition and the Mindfulness-Based Stress Reduction curriculum. She is a member of the Springboard Meditation Sangha, where she teaches and practices. Michelle is also the yoga advisor to, and a provider for, Unite for Her, a nonprofit that supports those with breast and ovarian cancers through integrative therapies.

Michelle is a contributing author to the recently published book *Yoga Therapy Across the Cancer Care Continuum*. She regularly presents at virtual and in-person conferences, including those from Unite for Her, Living Beyond Breast Cancer, Young Adult Cancer Connection/Cancervention, Fox Chase Cancer Center, and Penn Medicine. Michelle conducts classes, retreats, private sessions, and virtual courses for cancer survivors and caregivers.

Morning Practices

Stephanie Avant (She/Her), RYT-500, RCYT, C-IAYT



In addition to being a yoga therapist, Stephanie (Engebretson) Avant is a reiki master. Formerly a full-time dance teacher, she later owned, directed,

and performed in a nationally touring dance company. As a pansexual woman, Stephanie aspires to share yoga’s healing applications with as many marginalized people as possible. She deeply feels that if more people had access to yoga the world would be better for it.

Deborah Charnes, C-IAYT



Deborah Charnes was one of the first bilingual C-IAYTs in South/Central Texas. She has coached tumbling 2-year-old toddlers and mentally spry 90-year-olds.

She has led groups and individual therapeutic workshops in Italy, Nicaragua, rural Costa Rica, a Belizean high school, a healing arts studio in Mexico, and her own 2-acre mini-retreat center in Texas Hill Country. Deborah has practiced yoga and meditation for 50 years. As a teenager, she intuitively knew she needed deep breathing, deep stretching, and deep sips of herbal tea to soothe pain and maintain a more balanced and peaceful state of mind. She learned that physical symptoms can arise from a stressful life—and that holistic solutions exist: Deborah reversed her high blood sugar and eradicated decades of chronic gastrointestinal and low-back pain. Passionate about well-being and yoga therapy, she is a veteran blogger and author who recently released the book *From the Boxing Ring to the Ashram: Wisdom for Mind, Body and Spirit*, featuring adaptable lifestyle tips gleaned from her teachers on four continents.

Denver Clark, LMT, E-RYT 500, C-IAYT



Teaching yoga over the past 14 years has helped Denver to connect with her mind, body, and soul at a spiritual level that has transformed her

life from the inside out. As a life-long full-bodied woman, yoga has helped to heal Denver’s relationship with body image and self-esteem, and her classes resonate with lessons of self-awareness and acceptance. She is on the yoga therapy faculty of Heartwood Yoga Institute in Bradenton, Fla., and specializes in teaching anatomy and physiology as well as yoga for addressing body image and anxiety and depression.

Mala Cunningham, PhD, C-IAYT



Dr. Mala Cunningham is a counseling psychologist in private practice in Charlottesville, Virginia, and serves on the faculty of the University

of Virginia, where she teaches courses in neuroscience, psychology, and medical yoga and co-directs Therapeutic Medical Yoga Initiatives. She is also the president of Positive Health Solutions and the founder and director of four certification courses: Neuroscience and Yoga; Cardiac Medical Yoga; Mental Health, Brain Science and Yoga; and Bringing Yoga into Hospitals and Academia. Dr. Cunningham specializes in health and behavioral psychology, neuroscience, and mindfulness. Her passion is integrating therapeutic yoga into medicine, psychology, and neuroscience. Mala has been practicing and teaching yoga for more than 35 years and brings innovative programs in therapeutic yoga, neuroscience, and psychology to students worldwide. She is an educator, author, bridge-builder, and yoga teacher trainer who has been featured in podcasts, print, and television interviews.

Nicole DeAvilla, E-RYT 500, RCYT, RPYT, C-IAYT



Nicole combines a scientific background with spiritual and metaphysical grounding and more than 40 years of experience to

bring unique and novel ways to connect with the joys on the journey to optimal health and self-realization. She has a reputation for working with the most difficult cases, loving the challenge of helping each individual find their way to greater harmony, hope, and well-being. Nicole’s mission is to support yoga therapists, trainers, educators, and schools to meet the needs and challenges of our time, for they are great. She believes that we can each make a difference and that together we can usher in new ways to live in alignment with our values, with respect and a strong and courageous open heart.

Kristen Kolenda, E-RYT 500, C-IAYT



Kristen’s career began as a horse trainer turned yoga teacher in Pittsburgh, Pennsylvania, where she still resides. Now, as a yoga therapist

she dedicates her time to helping others (and herself!) toward improved mental health through yoga. She enjoys riding and spending time with her horses for pleasure. In addition to her private yoga therapy practice she works with the U.S. Veterans Administration in mental health and yoga research.

Maryam Ovissi (She/Her), MA, C-IAYT



Maryam Ovissi is the founder of Beloved Yoga, a studio and wellness center operating in Northern Virginia since 2005. Her vision for making yoga accessible for

all came to fruition in February 2018 with the opening of the flagship location of Beloved Yoga: A Sanctuary for All, a serene, safe, multi-studio space in Reston. Beloved Yoga offers the Svastha Yoga Therapy program. Maryam is honored to be a lead teacher for the program and to carry the teachings of Sri Krishnamacharya through the Mohans. Classical yoga and philosophy along with science-informed practices are the foundation of her approach to well-being and have guided her through more than two decades in the yoga and health industry. Maryam’s passion for sharing the teachings of yoga with reverence, integrity, and accessibility for all motivates her to be of service to the yoga community. In 2020 she her book *Care of the Whole Self: Yoga Inspired Practices to Befriend the Self*. Maryam is a clinical yoga therapist offering chairside and bedside yoga therapy through Life with Cancer at INOVA.

Joy Ravelli, E-RYT 500, C-IAYT



Joy Ravelli is a lifelong student of yoga, movement, art, and health education. She is the founder and director of the Purusha Yoga School, which has

an IAYT-accredited yoga therapy training program, and the nonprofit Purusha Seva Project. Joy brings yoga to underserved and at-risk populations such as incarcerated or unhoused people, military veterans, and students.

Joy has been teaching yoga, health education, fitness, and movement for more than 25 years and loves gently guiding individuals on their true path in this life

while empowering and uniting communities. Joy brings a sense of humor, warmth, playfulness, and deep connection to all of her interactions and strives to be in service to those with whom she works. She considers herself a natural entrepreneur, writer, artist, and lover of all things wild and wonderful.

Swami Sivasankariananda, RYT-500, C-IAYT



Swami Sivasankariananda is director of the Los Angeles Sivananda Yoga Vedanta Center and is pleased to offer yoga health education

there, whether themed weekends or one-to-one sessions. She has been teaching with Sivananda Yoga since her first training in 1997, including being on the Sivananda Yoga Teacher Training Courses team in California and Vietnam and on the faculty of the Sivananda Institute of Health & Yoga. Swami Sivasankari delights in bhakti yoga and has been hugely inspired by pilgrimages to India and Tibet. She teaches courses regularly on topics including yoga, meditation, positive thinking, bhakti yoga, and stress management. Inspired by a pain care mentorship she completed with Neil Pearson, Swamiji is now introducing pain neuroscience and yoga protocols for pain to the Sivananda Yoga Teacher Training Courses and in general programming at the center and ashram.

Catina Topash, MA, E-RYT 500, C-IAYT



Catina Topash is a YogaFit Yoga Therapy staff member and YogaFit Senior Master Trainer in addition to holding more than 25 other certifications,

including those from the American Council on Exercise and DK Body Pilates. Catina also holds a master's degree in music, has performed as a flutist in orchestras and ensembles across North America, and is

a certified sound healer. "Therapeutics in Sound Healing" and "Biofield Tuning" are two trainings she has recently written as part of a 100-hour Sound Healer Certificate with YogaFit. Catina and her husband run a yoga retreat center where she offers yoga therapy, sound healing, and sound baths for individual clients and groups. Her passion for yoga and sound creates an atmosphere for vibrational healing.

Afternoon Presenters

Sarah Blunkosky, MA, E-RYT 200, RYT-500, RPYT, C-IAYT



Sarah Blunkosky is honored to serve caregivers, educators, and folks seeking healing tools for their learning journeys. She is an integrative

education coach, yoga therapist, and academic historian. She loves the healing tools of research, writing, and the wisdom of embodied movement and shares their wisdom in helping others. Her learning life spanned from teaching social studies at Open High School in Richmond, Virginia, to studying slavery and social history on a graduate school path that pivoted when her daughter's intellectual disabilities and medical needs required an intensive lifestyle shift. She started Kinattain by Learning Heroine LLC in 2015 to share helping tools with others in Northern Virginia in person and worldwide online. When she isn't coaching, sharing yoga therapy, researching, homeschooling her kids, or playing, you can find her writing articles and working on a book. She is also excited to be a graduate teaching assistant for Spanda Yoga Therapy School, her alma mater.

Denver Clark, LMT, E-RYT 500, C-IAYT



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Libby Hinsley, PT, DPT, C-IAYT



Dr. Libby Hinsley specializes in the treatment of chronic pain, hypermobility syndromes, and yoga-related injuries. She has taught yoga since 2005 and

has trained yoga teachers since 2010. Her teaching and practice have been most influenced by the lineage of T. K. V.

Desikachar. Dr. Hinsley's book, *Yoga for Bendy People: Optimizing the Benefits of Yoga for Hypermobility*, explores how people with joint hypermobility syndromes can use the tools of yoga to support their thriving. As a person living with hypermobile Ehlers-Danlos syndrome, Libby is committed to raising awareness about hypermobility syndromes in the yoga community and beyond.

Catherine Justice, PT, DPT, CST, E-RYT 200, C-IAYT



Dr. Catherine Justice is an integrative physical therapist and the program manager for the Division of Integrative Health at Hennepin Healthcare, a

level 1 trauma center in Minneapolis. There, she practices as the lead integrative physical therapist, serves on the Provider Wellness and Healthy Vending Committees, and leads the resilience training program for the Institute for Professional Worklife. She is also the associate editor of the *International Journal of Yoga Therapy* and is a frequent speaker on yoga and integrative health at national and international conferences. Previously, she taught at the University of St. Catherine in their Graduate Studies in Holistic Health Department and has conducted research for the therapeutic use of yoga for arthritis, Parkinson's disease, and lower-back pain. She holds a doctor of physical therapy degree from the University of Minnesota, undergraduate degrees from Carleton College and the Royal Academy of Dramatic Art, and is a fellow with the Academy for Integrative Health and Medicine.

Anupama Kizhakkeveetil, PhD, MAOM, BAMS, C-IAYT



Dr. Anupama Kizhakkeveetil (Anu) is an ayurvedic practitioner, licensed acupuncturist, professor, researcher, and

program director of Ayurvedic Medicine at Southern California University of Health Sciences. In addition to her academic and clinical degrees, she is Fellow in Integrative Medicine with the Academy of Integrative Health and Medicine. She also completed yoga teacher training at the Bihar School of Yoga. Dr. Anu has offered more than 140 conference presentations and published dozens of research papers in peer-reviewed journals. She currently serves on the Research Working Group of the Academic Collaborative for Integrative Health, and she recently completed an NIH-funded research study. Many of her research papers have earned special recognition at the conferences where they were presented, and Anu has received a number of awards for her work on ayurveda and complementary and alternative medicine. In 2020, she received the Sheikh Zayed International Award for Ayurveda. She was also invited to attend the World Health Organization's international expert consulting meeting in 2019 and 2020. As an advocate for the ayurvedic profession and the advancement of its goals, Vaidya Anu serves on the boards of directors of the California Association of Ayurvedic Medicine, the National Ayurvedic Medical Association, and the National Ayurvedic Accreditation Council. She has also completed 6 years of service as a member of the Action Board of the American Public Health Association, helping to coordinate grassroots and grassroots advocacy. She is the co-founder of **Athreya Ayurvedic Integrative Health Center** and **Athreya Herbs**.

Barbara L. Ley, PhD, RYT-500, RCYT



Dr. Barbara L. Ley is an Associate Professor of Women & Gender Studies at the University of Delaware, where she holds a joint appointment in

the Department of Communication and serves as a core faculty member in the Center for the Study and Prevention of Gender-Based Violence. She is also a yoga

teacher for adults and children, a yoga therapist in training, and a certified Trust-Based Relational Intervention practitioner of trauma-informed care for youth and families. Much of her current academic research, teaching, and campus service work focuses on feminist and social justice approaches to yoga, mindfulness, and trauma-informed care for undergraduate mental health and well-being. Dr. Ley has also written on these topics for academic peer-reviewed and practitioner publications.

Joann Lutz, LICSW, MSW, C-IAYT



Joann Lutz, developer of Nervous-System Informed, Trauma-Sensitive Yoga, has been training mental health professionals internationally for

10 years, as well as offering a certification program in this approach. She is the author of the book *Trauma Healing in the Yoga Zone*, the research paper “Classical Yoga Postures as Psychotherapeutic Interventions for Autonomic Nervous System Regulation,” and the continuing education course “Bringing Yoga into Social Work Practice.” Joann has offered workshops at various national and international conferences, and has taught for the Sivananda Yoga Vedanta Centers, the Integral Yoga Institutes, the University of South Florida, and many other venues. She is also a trainer for PESI, Inc. She initiated and co-chaired the conference *Integrating Yoga into Mental Health Care* in 2016 and 2017 and continues to teach trauma-sensitive yoga classes to special populations.

Charles MacInerney, E-RYT-500, C-IAYT



Charles MacInerney has practiced yoga and pranayama for 50 years and taught since 1989. In 1998, he collaborated with the Daughters of Charity to set

up a cardiac yoga program through Seton

Hospital in Austin, Texas, which he ran for 2 years. He spoke as a keynote on mind-body medicine at both years of the hospital’s cardiac conference. In 2001, Charles partnered with the Austin Heart Hospital to help design and open a mind-body wellness program, *Hearts & Minds*, for cardiac patients. Since 2003, he has been practicing as an independent yoga therapist. Charles has presented at more than 50 events, including the American Medical Student Association’s national conference, the Southwest Yoga Conference, National Wellness Conference, International Conference on Yoga for Positive Health, and SXSW (Interactive Media). Charles is also a co-founder and lead instructor of the Living Yoga Teacher Training School, with graduates teaching yoga in 45 states and 15 countries. He has written articles for a variety of magazines, including *Yoga Journal*, and a book on *dharana*, the sixth limb of yoga, titled *Toxic Goals, Flow, and the Pursuit of Excellence*.

Jeff Masters, LMT, C-IAYT



Jeff Masters is the founder of the Masters Institute, an organization dedicated to vibrant health, wellness, and the realization of our fully actualized

potential. With more than 40 years of mentorship, training, and personal practice, Jeff bridges the gap between Eastern and Western arts, sciences, and integrated lifestyles. His emphasis on the modern application of ancient wisdom creates accessible, embodied learning opportunities where understanding is inspired by direct experience and personal realization. Jeff’s experience and training includes military service, trauma training, sports medicine, and somatic/ayurvedic therapies. Jeff currently serves on the board of directors for Veterans Yoga Project. Previously, he served as senior advisor, core faculty member, and executive board member for Yoga For First Responders. In addition to mentorship and teaching, Jeff leads retreats, workshops, and trainings nationally and internationally.

Arya Pretlow, MSN, CNM, ARNP, IBCLC, C-IAYT



In addition to being a C-IAYT, Arya Pretlow is a certified nurse-midwife and lactation consultant. She is passionate about client-centered, evidence-based, trauma-

informed care and has supported people from all walks of life in a variety of settings and circumstances. Arya’s healthcare practice focuses on integrative wellness throughout the lifespan, with special emphasis on supporting clients through major life transitions. In addition to working as a clinician in a nonprofit healthcare clinic, she is an adjunct faculty member in Bastyr University’s Master of Science in Midwifery program. In her free moments, Arya enjoys spending time with her husband and daughter, preferably outdoors.

Kathleen Ross-Allee, E-RYT 500, ACE-CPT, C-IAYT



Kathleen Ross-Allee is currently a lead instructor of the IAYT-accredited Yoga Therapy Rx Program at Loyola Marymount University (LMU), where she was

managing director from 2011 – 2022 under the direction of Dr. Larry Payne. She is also a health educator at Kaiser Permanente. At LMU, Kathleen was one of the faculty members who developed the pilot program at UCLA’s Venice Family Clinic. In addition, she has developed programs with community partners including Tower Cancer Research, Cedars-Sinai Medical Center, Men’s Cancer Breakfast, and USC Keck and USC Norris. Kathleen also teaches for Aum Home Shala in Florida.

Swami Nirmalananda Saraswati (Rama Berch), E-RYT 500, C-IAYT



A pioneer of yoga therapy in the West, Swami Nirmalananda Saraswati explains the spine-centric approach of Svaroopo Yoga as coming from

her meditation experiences with Swami Muktananda. An American woman in her 70s, she has been practicing and teaching for more than 50 years. She served as the founding president of Yoga Alliance as well as the yoga teacher for Deepak Chopra for many years. In addition, Swami Nirmalananda taught in yoga conferences throughout America for two decades, helping to integrate yoga philosophy back into the physical practices.

Malisa Szalkiewicz, MEd, E-RYT 500, C-IAYT



Malisa Szalkiewicz has dedicated herself to education for 25 years. Having earned a Master of Bilingual/Multicultural Education Degree,

Malisa has the heart of a teacher. Once she started teaching yoga in 2007, her

entire world became immersed in the practice. As the owner/manager of Northern Arizona Yoga Center & Vertical Soul Yoga Institute, she has prioritized co-creating a local yoga community, directed annual teacher trainings, and managed her own studio. In 2018, she expanded her yoga offerings by working as a yoga therapist with neurosurgeon Whitney James, MD. Malisa teaches yoga techniques to patients in chronic pain (many of them spinal surgery candidates) to help them reduce their medications and stress while transforming their relationship with pain. She co-owns Inner Atlas, which offers a comprehensive model for patient care. From high school gyms to medical offices, Malisa has shared her passion for yoga with thousands of people.

Felicia Tomasko, RN, E-RYT 500, C-IAYT



Felicia Tomasko is the incoming program coordinator and lead instructor in the Yoga Therapy Rx Program at Loyola Marymount University and the co-director of the

YogaFit Healthcare program. She combines her work as a psychiatric nurse and yoga therapist at Paradigm Treatment Center in Malibu, California, and is the long-time editorial director at LA YOGA magazine. A former member of

the board of directors of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine, Felicia is the current co-chair of the Yoga Therapy Initiative at the Global Wellness Institute.

Steven Weiss, DC, MS, C-IAYT



Dr. Steven Weiss is a holistic chiropractor and nutritionist as well as a yoga teacher and C-IAYT. He teaches anatomy, alignment principles,

and yoga therapy for yoga studios and teacher trainings in the United States and internationally, particularly Europe and Asia. Dr. Weiss has been a wellness practitioner and yoga faculty member with the Omega Institute for Holistic Studies in Rhinebeck, N.Y., for 24 years. He has a long association with Integral Yoga/Yogaville and Sivananda Yoga. Steven is author of the books *The Injury-Free Yoga Practice*, *Integrative Alignment Yoga Therapy Manual*, and *Yoga Alignment Principles and Practice*.



The **Seva Award** from IAYT and Give Back Yoga Foundation recognizes those working to make yoga therapy accessible to all.



CONGRATULATIONS TO THE 2023 FINALISTS!

Learn more at iayt.org/seva



October 16–18, 2023
Kripalu Center for Yoga & Health

Symposium on Yoga Research



KEYNOTE SPEAKERS

- Jon Kabat-Zinn, PhD
- Peter Wayne, PhD
- Shirley Telles, PhD,
MBBS, MPhil

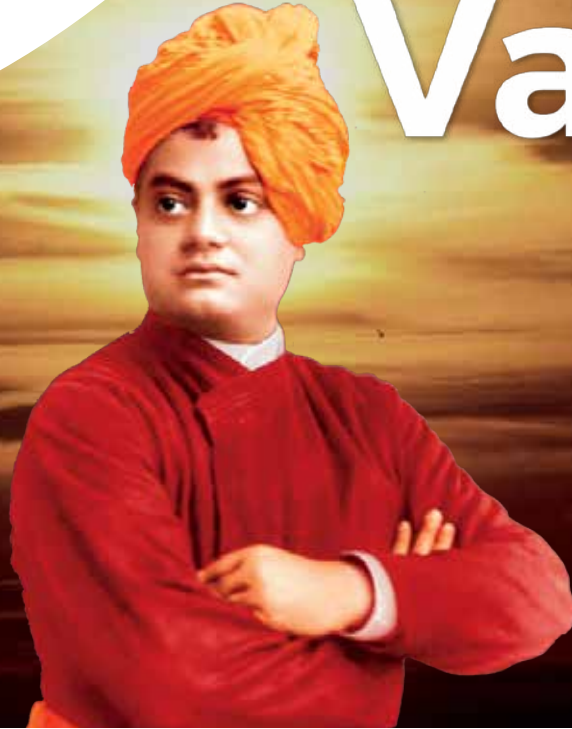




VaYU

Vivekananda Yoga University

VaYU



1st Yoga
University
outside India

VaYU is founded on the principles of the great 19th century Hindu monk and philosopher - Swami Vivekananda, who introduced Yoga to the US in 1893, and the concept of universal welfare to the world.

VaYU, the world's first Yoga university in the USA, is devoted to holistic yoga education and research, and offers online graduate programs (MS, Ph.D., and MS/Ph.D.) centered on evidence-based, modern scientific approach to the ancient Indian science and practice of Yoga.



Vision

To build a healthy, harmonious world through wholistic Yoga.

Mission

Creating a Yogic life path for the welfare of humanity.



In October of 2022, VaYU formally submitted a 'Letter of Intent' to accredit which has been officially accepted by Western Association of Schools and Colleges (WASC). Subsequently, a 'Site Accreditation Visit' has been scheduled by WASC in September 2023.

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