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Updated September 1, 2023
Introduction

IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide. Yoga therapy is defined as the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups.

IAYT is a 510(c)3 nonprofit organization. We strive to be a global leader in yoga therapy and work cooperatively with other yoga therapy organizations such as the World Health Organization and the Global Consortium for Yoga Therapy and U.S. organizations such as the Academic Consortium for Integrative Medicine and Health, the Academy of Integrative Health and Medicine, and Integrative Medicine for the Underserved.

The National Council of Nonprofits defines strategic planning as a process that allows the nonprofit to define the strategies that will “advance its mission.” Through their participation, the IAYT board of directors, executive director, staff, and contractors are charting a path toward establishing yoga therapy as a healing discipline.

This plan provides a summary of the background of IAYT and identifies priorities, goals, and objectives that are important for the organization to accomplish in order to continue movement toward more firmly establishing the field of yoga therapy. The strategy for 2021–2024 identifies priorities and actions required to accomplish each goal and respective objectives.

This strategic plan describes how IAYT is actively involved in shaping the future of yoga therapy. The plan broadly describes the leadership vision and direction for the staff and contractors. The staff and contractors, in turn, use this guidance to create implementation strategies to achieve the goals, moving the mission and vision toward reality.

The focus of this strategic plan is commitment. From the IAYT board of directors to the staff and contractors, the aim includes helping members envision their participation in the organizational culture. This means identifying different perspectives and values across the organization so that change can be made relevant for each person and knowing that lasting change must activate different parts of the organization in different ways. The quick and easy way is not necessarily the most effective path toward establishing the yoga therapy profession.
## Organizational Snapshot

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<td>Who We Are</td>
<td>Founded in 1989, IAYT champions yoga as a healing art and science. IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide.</td>
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| Our Values |  **Respect**—We respect the value, diversity, uniqueness, and field experience of the individuals who make up our membership; the many paths of yoga; scientific inquiry; and other healthcare disciplines.  
  **Inclusion**—We prioritize inclusion.  
  **Balance**—We strive for fair, high standards, without making the perfect the enemy of the good.  
  **Sustainability**—We ensure that activities, processes, and events support IAYT and the yoga therapy profession for the long run.  
  **Leadership**—Our board, committee members, staff, and contractors are well-established professionals in their areas of responsibility and are knowledgeable about the field of yoga therapy. |
STRATEGIC PLAN 2021–2024

Introduction
IAYT is attracting engagement and interest on a global level. The practice of yoga therapy has been indelibly impacted by the new normal resulting from the COVID-19 pandemic. With these circumstances come pros and cons for new personal and professional paradigms for us all. This strategic plan is a compass that guides IAYT activities and identifies future goals. It is a guide that includes many projects and programs working together to serve the needs of IAYT. It addresses the mission, speaks to the benefits of membership, and identifies priorities.

Background
Founded in 1989, IAYT champions yoga as a healing art and science. IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide. This strategic plan is designed to ensure that IAYT is well-prepared for the future.

IAYT understands that in today’s global environment, yoga therapy practitioners, accredited programs, and educational providers need to make judicious business and strategic decisions about their own operations, and that these groups require partnerships and support to achieve success in this emerging field.

IAYT is uniquely positioned to bridge global relationships that forward the field of yoga therapy and currently provides the following benefits to its members:

• Publications
  o International Journal of Yoga Therapy, peer-reviewed and indexed on MEDLINE/PubMed, with electronic publication of articles as they are accepted and processed
  o Yoga Therapy Today, high-quality digital and hard-copy professional practices magazine published three times a year
• Conferences
  o Symposium on Yoga Therapy and Research, an annual practitioners’ conference
  o Symposium on Yoga Research, an annual scientific research conference
• Standards
  • Educational standards and competencies for yoga therapy training programs
  • Accreditation for yoga therapy training programs
  • Certification for individual yoga therapists who meet IAYT criteria (C-IAYT)
  • Scope of Practice for yoga therapists
  • Code of Ethics for yoga therapists
• Digital platforms to educate and share sound practices for yoga therapy with peers, healthcare providers, and the public
  o iayt.org
  o yogatherapy.health
  o Robust social-media presence across multiple platforms
• Member resources that create value and support the profession of yoga therapy

Updated September 1, 2023
Favorable access to liability insurance for C-IAYTs (currently U.S.- and Canada-based practitioners only)

Customizable marketing collateral and accurate, appropriate materials to educate clients and other stakeholders about yoga therapy

Annual Meeting of Schools to discuss salient issues for the Member Schools community

- **Organized professional voice** for yoga therapy in both public policy and professional forums for integrative, complementary, and alternative healthcare

## Current State of Yoga Therapy

- **Yoga’s popularity is rapidly growing** in many countries. According to a Yoga Alliance survey, the number of practitioners in the United States almost doubled between 2013 and 2016, from 20 million to 37 million. These practitioners spend $16 billion annually on yoga classes, clothes, and accessories. With 15% of the population currently or previously practicing yoga, the rapid increase in IAYT membership and certified yoga therapists parallels this growth.

Local and federal governments are slowly being pressured—by budgetary considerations, policy, and public awareness, if not by legislative mandate—to support evidence-informed complementary practices. Especially of interest are practices, like yoga therapy, that promote individual agency, can be delivered simply, safely, and cost-effectively, and address chronic conditions (including pain and the resulting opioid crisis that affects communities across the United States and increasingly worldwide). There is a recognized need to vet the training and competence of those offering such complementary and integrative care, and particularly to distinguish the professional provision of yoga therapy from general yoga instruction as well as popular-media portrayals of yoga.

- **Many countries are seeing serious growth** in spending on complementary health approaches. For example, from 2012 to 2017, the use of yoga and meditation increased for adults aged 18 and over in the United States. Yoga, as a complementary health approach, increased from 9.5% in 2012 to 14.3% in 2017 (2018 National Health Statistics Reports).

- **C-IAYTs know that yoga’s popularity is increasing.** But this growth doesn’t automatically increase the demand for yoga therapy. C-IAYTs see the need to help the public understand the health benefits of yoga therapy and the advantage of including it as a key part of complementary/integrative healthcare services.

Institutional members—Member Schools that do and do not have accredited programs, partner organizations, and sponsors—likewise understand the imperative for the public to recognize the educational preparation of a C-IAYT who has completed a rigorous training program in contrast to that of a yoga teacher with little or no training in yoga therapy.

- **Several competitive forces are also taking advantage of this growing field.** Other yoga organizations are making changes to embrace the growing yoga therapy field and may try to provide competitive and/or complementary certifications. Globally, Australia and the United Kingdom have developed standards, and efforts may be underway in India and Japan.

Updated September 1, 2023
Licensed healthcare providers are keen to develop programs that integrate yoga into their practices. The health and wellness community also integrates components of yoga therapy such as personalized assessment, goal setting, and lifestyle management.

Near-Term and Mid-Range Goals

Our 2021–2024 strategic goals establish the environment in which to execute a multi-year, comprehensive roadmap. This out-year planning provides an opportunity to consider how to advance IAYT goals and assists in allocating resources required to make the vision a reality. In the near term, this planning enables IAYT to achieve quick wins on recognized “must-do” actions. Quick wins build momentum and organizational confidence to tackle the longer term and more difficult changes required to establish yoga as a recognized therapy. Departments use this strategic plan to understand the relevant issues and to determine specific activities required to implement the strategy and identify resources needed to meet goals.

Near-term strategic goals (2021–2022)
- Differentiate the yoga therapy profession within complementary healthcare
- Advance public and healthcare understanding of yoga therapy
- Reflect diversity, equity, and inclusion (DEI) in IAYT programs, activities, and publications
- Foster an organizational culture that reflects the diversity of IAYT membership and the communities where yoga therapy can be practiced
- Collaborate with partners and stakeholder organizations to bridge gaps in DEI competencies
- Create a plan for financial sustainability
- Improve digital outreach focusing on usability and engagement

Mid-range strategic goals (2022–2024)
- Establish policy and advocacy guidelines to secure and promote the yoga therapy professions
- Advance public and healthcare knowledge of yoga therapy
- Collaborate with international members and the yoga therapy community to broaden the understanding of global inequities
- Establish engagement with health-promotion communities and networks
- Engage industry partners and employers to support professional networking
- Modernize technology infrastructure
- Improve productivity with cross-functional team processes and projects
- Create a performance-based structure with high staff satisfaction
PRIORITIES and GOALS: 2021–2024

IAYT will strive to develop the capacity to support its commitment, chart a future that provides adequate resources and expertise, endorse effective practices and policies, and collect and utilize appropriate data.

Priority 1: Advance the profession of yoga therapy

IAYT serves as a professional organization for yoga teachers and yoga therapists worldwide and supports research and education in yoga therapy. Being recognized as one of the premier global thought leaders for yoga therapy is a priority. We commit to being proactive about establishing the profession.

Goal 1.1: Establish yoga therapists as the primary yoga professional in the therapeutic space

Objective 1.1.1: Form a cohesive understanding of yoga therapy within the yoga profession
Objective 1.1.2: Collaborate with external organizations in 2022 to expand awareness of yoga therapy
Objective 1.1.3: Collaborate with external organizations in 2022 to distinguish yoga therapy training from advanced yoga teacher training and education
Objective 1.1.4: Implement a certification exam by 2023

Goal 1.2: Establish policy and advocacy guidelines to secure and promote the yoga therapy profession

Objective 1.2.1: Create an advocacy concept for cultivating partnerships with organizations, government entities, universities, and industry in 2022
Objective 1.2.2: In 2022, determine how yoga therapy can be practiced within the context of U.S. state and national policy
Objective 1.2.3: In 2023, determine how the yoga therapy profession is engaged within the context of international activities

Goal 1.3: Promote public and healthcare understanding of yoga therapy

Objective 1.3.1: Collaborate with partners in 2021 and beyond to create opportunities for professional development
Objective 1.3.2: Determine how to support organizational outreach as yoga therapy subject matter experts and ambassadors of IAYT and the yoga therapy profession by the end of 2021
Objective 1.3.3: Support expansion of accredited yoga therapy programs in 2023 through outreach to yoga therapy schools that have potential to meet accreditation standards

Updated September 1, 2023
Priority 2: Implement diversity, equity, and inclusion (DEI) in all aspects of IAYT

The staff will continue to work toward advancing IAYT’s commitment to DEI. Prioritizing this commitment will bring important perspectives to all that we do and create a culture and community that reflect the practice of yoga therapy.

Goal 2.1: Reflect DEI in IAYT programs, activities, and publications
  Objective 2.1.1: Develop a plan to align standards, competencies, and policies to reflect the organizational commitment to DEI in 2021, to begin initiation in late 2022
  Objective 2.1.2: Acknowledge cultural and international values in programs and activities
  Objective 2.1.3: Be a voice on social justice issues that impact the yoga therapy profession and IAYT members

Goal 2.2: Collaborate with international members and yoga therapy community to develop regional representation and global partnerships
  Objective 2.2.1: In 2022, establish a multicultural team that will collaborate with international members to identify regionally relevant DEI initiatives
  Objective 2.2.2: Beginning in 2022, cultivate intercultural and cross-cultural organizational relationships
  Objective 2.2.3: In 2023, explore expanding visibility of the Portfolio Review and Evaluation (PR&E) reciprocity program with appropriate international organizations

Goal 2.3: Foster an organizational culture that reflects the diversity of IAYT membership and the communities where yoga therapy can be practiced
  Objective 2.3.1: Create an action plan in 2021 to advance DEI initiatives in all IAYT processes and share resources with members
  Objective 2.3.2: Initiate a process to actualize equity and inclusion in hiring and volunteer opportunities starting in 2021
  Objective 2.3.3: Develop and implement accountability processes for staff, committees, and volunteers that demonstrate commitment to DEI by the end of 2022

Goal 2.4: Collaborate with partners and stakeholders to bridge gaps in DEI competencies
  Objective 2.4.1: In 2021, define DEI competencies for IAYT
  Objective 2.4.2: Create initiatives to expand the availability of yoga therapy within underserved communities in 2022
  Objective 2.4.3: Facilitate anti-racist and anti-oppressive workplace training for the board, staff, contractors, and volunteers
  Objective 2.4.4: Provide opportunities to educate the IAYT membership on sound practices related to anti-racist and anti-oppressive practices

Updated September 1, 2023
Priority 3: Prepare the profession and yoga therapy professionals to become integrated within synergistic systems

IAYT will expand efforts to increase public awareness of yoga therapy, improve healthcare professionals’ understanding of the role yoga therapy can play in health, and explore how yoga therapy supports communities and individuals to cope with and address lifestyle management and health challenges.

Goal 3.1: Enhance engagement with integrative and complementary healthcare communities

Objective 3.1.1: Design a plan to collaborate with healthcare networks to identify and seek opportunities to advance the yoga therapy profession

Objective 3.1.2: Facilitate external awareness of yoga therapy with appropriate health and well-being organizations, thought leaders, and influencers

Objective 3.1.3: Forecast near-term and mid-range engagement schedules for collaboration with external partners and healthcare communities

Goal 3.2: Establish engagement with health-promotion communities and networks

Objective 3.2.1: In 2022, develop a plan to collaborate with health-promotion networks to identify and seek opportunities to advance the yoga therapy profession

Objective 3.2.2: Develop a collaborative network with the health-promotion industry and educational organizations by 2023

Objective 3.2.3: In 2024, facilitate external awareness of yoga therapy with appropriate health and well-being organizations, thought leaders, and influencers

Goal 3.3: Engage industry partners and employers to support professional networking

Objective 3.3.1: Explore partnerships for C-IAYT career growth and learning opportunities

Objective 3.3.2: Collaborate with partners in 2021 and beyond to create opportunities for professional development

Objective 3.3.3: Complete a feasibility study of licensure for the yoga therapy profession by the end of 2022

Objective 3.3.4: Proactively seek relationships with educators and researchers in 2022 to contribute to developing and advancing the yoga therapy profession and yoga therapists

Updated September 1, 2023
Priority 4: Improve organizational business effectiveness

Effectiveness is key to organizational growth. It is about doing the right task, completing activities, and achieving goals. By ensuring fiscal sustainability and support of staff and contractor enrichment, IAYT will experience greater productivity and be positioned to carry out the functions, tasks, and plans as envisioned.

Goal 4.1: Create a plan for financial sustainability

Objective 4.1.1: Analyze financial requirements in 2021 to create short- and long-term financial stability starting with budget year 2022

Objective 4.1.2: In 2021, develop and implement a budgeting process that includes departmental input for budget year 2022 and beyond

Objective 4.1.3: Create a plan for development and philanthropic capability to include resource requirements by 2023

Goal 4.2: Improve digital outreach, focusing on usability and engagement

Objective 4.2.1: Redesign iayt.org and email templates in 2021 and integrate marketing and stewardship programs

Objective 4.2.2: Establish consistency and accessibility across platforms and develop an annual review process

Objective 4.2.3: Include international audiences in an inclusive technology platform

Goal 4.3: Modernize IAYT technology infrastructure

Objective 4.3.1: Develop budget for future technology initiatives in 2022

Objective 4.3.2: In 2022, select technology tools that support organizational processes and provide training and support

Objective 4.3.3: Develop and implement an integrated technology platform in 2023 to facilitate process efficiency across the organization

Goal 4.4: Improve productivity with cross-functional team processes and projects

Objective 4.4.1: Develop and implement integrated internal communication systems in 2021 to provide timely flow of cross-departmental information

Objective 4.4.2: Conduct regularly recurring teambuilding activities starting in 2021

Objective 4.4.3: Establish processes to improve staff, committee, and volunteer collaboration to improve effectiveness, transparency, and professional support in 2022

Goal 4.5: Create a performance-based structure with high staff satisfaction

Objective 4.5.1: Identify and develop internal and external human resources (HR) best business processes

Objective 4.5.2: Develop a performance review process for staff and contractors through 2023

Objective 4.5.3: Create professional development opportunities and satisfaction measurement through 2022

Objective 4.5.4: Document current policies, processes, and procedures, minimizing duplication of effort, through 2022
## 2021–2024 Strategic Plan Summary

### Vision
Yoga therapy is well-known and respected as a healing discipline for physical health, mental balance, and spiritual consciousness.

### Mission
The mission of IAYT is to establish yoga as a recognized and respected therapy.

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**Objective 4.5.3**: Create professional development opportunities and satisfaction measurement through 2022  
**Objective 4.5.4**: Document current policies, processes, and procedures, minimizing duplication of effort, through 2022 |
Strategic Planning Team
Strategic planning helps to frame an organization’s priorities, goals, and objectives. As IAYT seeks to grow its support of the profession of yoga therapy and its own resources for accomplishing this aim, the leadership team recognizes the need for strategic planning to identify the organization’s priorities and align them with goals for the coming year and beyond. The team members below contributed to strategic planning efforts for 2021–2024.

Executive Director
Alyssa Wostrel

Executive Staff
Debra Krajewski
Beth Whitney-Teeple

Accreditation
Danielle Atkinson
Marilyn Barlow
Lisa Cavallaro
Heidi Crocker
Annette Watson

Certification
Heidi Crocker
Kelly Froio
Nancy Sinton

Communications and Publications
Catherine Justice
Alexa Owen
Tina Paul
Laurie Hyland Robertson

Marketing
Abby Geyer

Membership
Marilyn Peppers-Citizen

Technology
Janelle Aberle
Steve Demo
Arya Hawkins