Editor’s Note

I first heard of “therapeutic yoga” back in 2004 after completing my 200-hour yoga teacher training, and in that moment I knew that's what I wanted to do.

Toward that end, in 2007 I attended the first SYTAR in Los Angeles, California, along with about 800 others. The thrill of being with so many like-minded people at the first conference of its kind in the West was palpable. I felt a strong sense of something beginning and I wanted to be a part of it. I walked up to Kelly McGonigal, PhD, then editor of both the International Journal of Yoga Therapy and Yoga Therapy in Practice, and asked if she needed a copyeditor. I've been serving IAYT publications ever since and have attended all the SYTARs.

Nine years later, at this year's conference, there was also a thrill in the air and yet it felt to me more refined, more settled. Now, there is a growing sense of definition, purpose, and direction for many of us, grounded by the education standards, accreditation of yoga therapist training programs, certification of individual therapists, and the beginning of yoga therapy's integration into the world of healthcare.

When you read the reports on SYTAR, the Meeting of Schools, and a Common Interest Community session, you'll notice that each author describes both the progress of the field and the state of the art of the field. A visionary perspective on how the foundational moral principles of yoga might be incorporated into population health by Kristine Kaoveri Weber and Brett Sculthorpe offers an important future direction to consider in research as well as in therapeutic practice. The Yoga Therapy in Practice section on working with an older population and with knee pain in clients (Part 2) continues the tradition of this publication in providing educational material and practical advice that are directly applicable to our clinical yoga therapy work.

We’re excited to have Pamela Jeter, PhD, contribute her expertise to our Science for the Yoga Therapist column. Dr. Jeter is a yoga researcher and educator trained in cognitive science and clinical investigation, the founder of Yoga Therapy for the Blind, co-founder of The Science Sutras, and a faculty member of the Maryland University of Integrative Health. She has a passion for communicating science literacy to yoga therapists, helping us to further align scientific research and yoga therapy. Our regular columnist, the stellar Stephanie Shorter, PhD, will be contributing more to editing for the next two issues of Yoga Therapy Today as I complete my master's program in clinical mental health counseling.

I look forward to seeing how SYTAR and our field of yoga therapy will continue to evolve! YTT

In service,
Kelly

Cover photo: Matthew Taylor, PhD, keynote speaker, SYTAR 2016
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