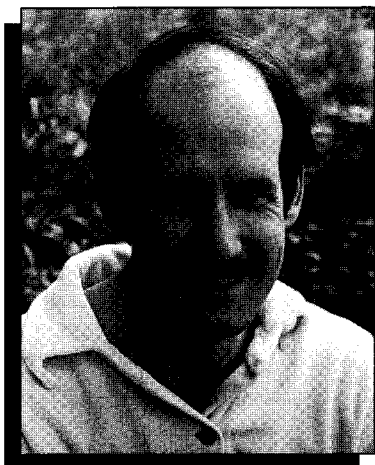

Table of Contents

Editor's Note	iv
President's Message	v
Physiological and Psychological Effects of Hatha Yoga: A Review of the Literature	
<i>Arpita</i>	1
Medical and Physiological Aspects of Headstand	
<i>F. J. Chandra</i>	29
Chronic Pain and Yoga Therapy	
<i>Donna Martin</i>	35
Reflex (Psychophysical) Yoga	
<i>Brian Lynn</i>	39
The Dance of Healing: Multiple Sclerosis and Yoga Therapy	
<i>Tania Mayer</i>	43
The Ultimate Cure: Enlightenment in Daily Life	
<i>Jim Dreaver</i>	46
Quantum Healing: Exploring the Frontiers of Mind-Body Healing	
<i>Deepak Chopra</i> Reviewed by <i>Donna Martin</i>	49
Yoga for the West	
<i>Ian Rawlinson</i> Reviewed by <i>Jim Dreaver</i>	52
Science of Stretching	
<i>Michael Alter</i> Reviewed by <i>Willow Rain</i>	54
About the Authors	56
Notice to Subscribers and Authors, Books for Review	57
Acknowledgements	58



Editor's Note

Yoga may be defined as the bringing together (yug) of two things that were never separate in the first place. Yoga affirms that this ultimate healing occurs when we understand that we are always already whole, not separate, and healthy where we stand in our native (sahaj) condition. Understanding the phenomenal level of bodymind and the noumenal level of spirit are important if we are to be healed of the illusion that yoga aims to dispel. Understanding what we are not—body, senses, and mind—brings us to *Being Understanding* that which we always already are.

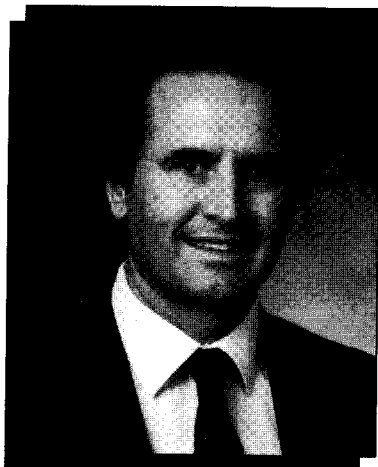
Therapy implies healing, whether it be at the phenomenal level or at the noumenal level. It implies a distance that is covered as we move from the perception of ourselves as unhealthy to the disposition of ourselves as possessing health.

Yoga therapy, then, holds a unique perspective to healing. It stands on the firm understanding that we are, from the very beginning, healthy and that our true being is unqualified, undifferentiated *Awareness*. It also expresses the practical knowledge that we take ourselves to be differentiated separate bodyminds. Yoga therapy, therefore, prescribes as many unique approaches to healing as there are unique individuals in the world. One person needs to learn how to relax to reduce stress, another to gain mobility of a degenerated body part, another to breathe to overcome a respiratory condition, another to visualize to overcome chronic pain, another needs to learn self-inquiry to overcome depression, and yet another to meditate to understand the nature of the *Self*.

In this issue, Arpita, Chandra, Martin, Lynn, Mayer, Dreaver, and Rain contribute their expertise so that we might come a bit closer to seeing how this artistic science works in action.

I offer my sincere thanks to Larry Payne, Ph.D., the members of the Board of Directors and Advisors, and special thanks to the Board of Editors, Stuart Rowley, and Vicki Rauckman who labored long hours to bring this first issue into your hands. May it serve to bring the practical application of yoga one small step closer to realization in your life.

Richard C. Miller
Mill Valley, CA
September, 1990



President's Message

As we move closer towards the 100th anniversary of Yoga in America, I am proud to be part of a team that is presenting still another milestone in Yoga history, the premiere issue of "The Journal of the International Association of Yoga Therapists." Richard Miller, Ph.D. and the Board of Editors worked long and hard to complete this journal, giving unselfishly of their time and energy. They deserve a lot of credit. I'm sure you will agree that the results are worth waiting for.

A number of other people have also played key roles in launching the journal. I would first like to thank our members, all of you who believed in us and supported the IAYT in it's first year. In addition, a number of members and member organizations which appear on the acknowledgement page have given special donations specifically for publishing the journal. The format for the journal was produced by the office of Stuart Rowley Design, and finally for our first journal benefit, Liliás Folan highlighted the special evening as keynote speaker and honored guests included Amy Alcott, celebrity golfer, and Prof. A.G. Mohan and family of Madras, India.

Notable Highlights from the first year...

In addition to the journal, The IAYT has initiated and completed a number of other projects in its first year. For these I would like to thank our Board of Directors, as well as Leslie Upledger, Claude E. Cooke, Ron Accomazzo, M.D. and Vicki Rauckman. These accomplishments include: Public Relations campaign—more than 5,000 brochures have been circulated to yoga teachers, students, medical doctors, chiropractors, massage therapists and other health professionals in eleven countries, and ads have appeared in every issue of the Yoga Journal and conference programs for Unity in Yoga and the Iyengar Convention... First research project—Marsha Accomazzo, research director of the IAYT, in conjunction with Prof. A.G. Mohan conducted a very successful three month pilot study with nineteen participants on Yoga and hyper-tension... Training seminars—three in-depth one week training seminars, three workshops and numerous public lectures were sponsored by the IAYT from November 1989 through November 1990... First book—"Yoga for Personal Reintegration," a scholarly text for Yoga teachers and serious students by Prof. A.G. Mohan. The book is scheduled for release in May 1991, and will be a welcome addition to the precious knowledge from the lineage of the late Prof. Sri T. Krishnamacharya.

We need your help...

All these projects take a great deal of time and resources. We need your continuing support. The IAYT is a non profit organization, so all contributions toward projects or membership are tax deductible. Also, any time or expertise offered for our many projects is greatly appreciated.

I am sincerely grateful for all that has taken place in our first year and for the love and support that surrounds me every step along the way.

Larry Payne, Ph.D.
President, IAYT