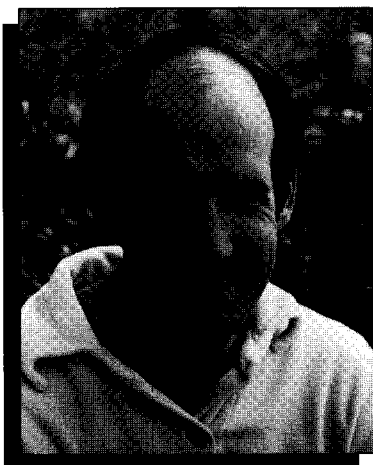


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Editor's Note

The IAYT Journal is your publication and it needs your input. Please let us know how you feel about its format, content and style. It is our intention to bring you articles on all aspects of Yoga therapy including asana, pranayama, meditation, nutrition, counseling, healing, laying on of hands, sound, color, prayer, ritual, etc. Do you know of an article that we could include in a future issue? Is there an article which has made a major impact on your life or contribution to your understanding of yoga therapy? It might be an original or a reprint. Send us the title and author. Perhaps you would like to author an article, or become a member of our Board of Editors. Let us know. We look forward to your joining us in this endeavor.

Along other thoughts...reflecting on this issue I am reminded of three different approaches that yoga therapy utilizes. Sakti Krama is the approach that enables us to accomplish something; for instance, to develop concentration or to acquire certain powers. Cikitsa Krama is the application of Yoga therapy which enables us to overcome certain problems such as breathing difficulties, back pains, or mental depression. And Adhyatmika Krama is the movement that enables us to understand ourselves and ultimately understand that we are not this time-bound self but That which Is, in the words of Patanjali, Indivisible, Whole. These three approaches are like the sides of a pyramid, inseparable, interdependent, holographic.

The articles included in this issue of the IAYT Journal reflect aspects of these three faces of Yoga therapy. I hope that you gain as much from these articles as I have over the years of being familiar with them.

*Richard C. Miller, Ph.D.
Mill Valley, CA*



President's Message

Upon the completion of our second Journal for the International Association of Yoga Therapists, I took some time to reflect upon the events which led to the creation of our organization. I think it is important to document our history and to thank a number of people and organizations that were a vital part of our beginning.

The original idea for IAYT was conceived in December of 1980 in the dormitories of the international headquarters of the Theosophical Society in Madras, India, when Richard Miller and I first met. After lessons at the Krishnamacharya Yoga Mandiram with our teachers T.K.V. Desikachar and Professor A.G. Mohan, we spent endless hours discussing how we could make Yoga a respected and legitimate profession for Yoga students all over the world.

Initially, we were going to name our organization the American Association of Yoga Therapists. We quickly realized that Yoga Therapy is a global concern and rapidly growing. As the U.S. representative for the first World Congress of Yoga in Montevideo, Uruguay, I witnessed Yoga teachers recognized by the government as true health professionals. In Zinal, Switzerland, at the conference of the European Yoga Federation, I was introduced to fully licensed Yoga

teachers from a number of countries. This was very encouraging. Richard and I saw the opportunity to preserve priceless knowledge about Yoga from obscure manuscripts, unknown scholars and authentic Yoga Acharyas and to pass on this legacy to the western world.

At this point we began to build our literary and professional network. Many of our contacts were made as a direct result of Unity In Yoga conferences. We wish to thank the founders Rama Vernon and Sri Swami Satchidananda as well as officers and facilitators Nancy Ford Kohne, Joseph Duggan, Pat Hansen and Jean Michel Krief.

We would also like to express gratitude for conferences facilitated by Raul Lentz, Dr. Carlos Fiel, and the late Girard Blitz of the European Yoga Federation, Professor Fernando Estevez Griego of the Latin American Union and Confederation of National Yoga Federations, David Lifszyc of the Indra Devi Foundation, Professora Maite Fernandez de Bobatilla of the Argentina Yoga Teachers Association, and Professor Claudio Duarte of the Pan American Commission for Yoga.

Notable highlights from this year...

I am grateful that with everyone's help we will offer **two separate issues** of the IAYT Journal this year, as well as a number of other new projects. Special thanks go to Claude Cooke for his continuing support.

The first new project is our **members' directory**, a much requested and helpful service to our members and their communities.

With the help of Leslie Upledger, we have recently completed our first **annual report** and submitted three **grant proposals** to the Candle Corporation in Los Angeles. We are looking for financial support for three projects: A pilot study on Yoga and computeritis, a full research study on Yoga and hypertension, and continued funding for our journal. The **public education** campaign continues. To date, we have circulated more than 9,000 brochures and letters to Yoga teachers and students, medical doctors and chiropractors, psychologists and other health professionals in 14 countries.

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Advertising for the IAYT continues in the *Yoga Journal* and we have received our first publicity. There were nice articles about IAYT in the February issue of *Shape Magazine* and the May/June issue of *Yoga Journal*. We have received a lot of inquiries from both. We have initiated a new concept in our training program. In August, September and October, 1991, seminars will be held in conjunction with a physical therapist, a chiropractor and an inhalation therapist. A description of these seminars is included in our Spring Newsbrief.

We have decided to expand our first publishing venture into a joint project with Rudra Press and the Nityananda Institute. The book is "*Yoga For Personal Reintegration*" by Professor A. G. Mohan and edited by Kathleen Miller, now scheduled for release in late 1991.

We need your help.....

All of 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 and membership are tax deductible. Also any time or expertise offered for our many projects is greatly appreciated, as usual.

I welcome your feedback to all of our projects and look forward to another exciting year.

*Larry Payne, Ph.D.
President, IAYT*