

Recommendations for Yoga Therapists and Yoga Therapy Organizations:

Based on our experience in India we would like to make the following recommendations to Yoga Therapists and Yoga Therapy organizations.

- ✿ It's important to recognize India as the birthplace of Yoga Therapy, not only in a general sense, but through in-depth knowledge and understanding. We recommend that the history of Yoga Therapy and its current practice in India be incorporated into the IAYT standards.
- ✿ In the West, and especially in the U.S., we tend to have an “asana- centric” view of Yoga in which the poses are the center and the other facets of Hatha Yoga are the periphery. We recommend giving greater therapeutic importance to pranayama, shatkriyas, mantra and other techniques that are being used so effectively in India.
- ✿ We encourage partnerships with Yoga Therapy institutions in India and recommend making Indian Yoga Therapy textbooks and publications more readily available in the West.

❁ The foundations laid by Yoga Therapy institutions in India form the framework for all approaches to Yoga Therapy. **We recommend that Yoga Therapy schools in the West include Indian Yoga therapy textbooks on their required reading lists.**

❁ Sanskrit is not just a language; it is the medium through which Yoga's healing essence has been communicated for thousands of years. **We recommend that basic literacy in Devanagari be a part of the IAYT standards.**

❁ **We recommend ingoing communication between Yoga Therapy accreditation organizations in India and the West** around a range of issues, including the possibility of recognizing each other's certifications.

❁ Even as we continue to expand our understanding of Ayurveda in relation to Yoga, **we also recommend the inclusion of Indian Naturopathy into the course of study for Yoga therapists.**

❁ Because of the scope of the Yoga Therapy organizations in India and the depth of their experience, **we recommend ongoing internships programs for students from the West** such as the one recently put forward by Kaivalyadham.

❁ A new Yoga renaissance is occurring in India that is expanding around the globe. To encourage greater understanding of this profound development, **We recommend that Yoga therapists in the West participate more actively in Yoga Therapy's global community.**

*Joseph and Lilian Le Page
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