



THE INTERNATIONAL ASSOCIATION OF  
**YOGA THERAPISTS**

Bridging Yoga  
and Healthcare

FOR IMMEDIATE RELEASE

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INTERNATIONAL YOGA THERAPY CONFERENCES IN BOSTON FOCUS ON SCIENTIFIC  
RESEARCH AND INTEGRATION WITH TRADITIONAL WESTERN HEALTH CARE

*MEETING OF SCHOOLS WILL DISCUSS THE PROCESS FOR ACCREDITING PROGRAMS THAT  
MEET THE NEW IAYT STANDARDS FOR TRAINING YOGA THERAPISTS*

JUNE 11, 2013 — BOSTON, Mass. — The International Association of Yoga Therapists (IAYT) announced today that the Symposium on Yoga Research (SYR2013 – June 11-13) and the Symposium on Yoga Therapy and Research (SYTAR2013 – June 13-16) will be held back-to-back for the first time at the Boston Marriott Newton in Newton, MA, allowing attendees to benefit from both the scientific presentations of SYR and the medical and therapeutic application sessions of SYTAR. This also expands networking opportunities for presenters and attendees, and it provides the setting for an official “Meeting of the Schools” to review and discuss the process for accrediting programs that meet the new IAYT standards for the training of yoga therapists.

“We are very excited to host these symposia at a time when the field of Yoga Therapy is blossoming,” said John Kepner, executive director of the International Association of Yoga Therapists. “Research, education and standards are three pillars upon which our mission rests: to establish Yoga as a recognized and respected therapy. As our conference agenda suggests, today yoga is not only recognized and respected for its therapeutic benefits, it is becoming an integral part of health care by some of the finest hospitals and medical institutions in the world.”

### ABOUT SYR 2013:

This is the third Symposium on Yoga Research, the West's only comprehensive academic research conference devoted to yoga research, with single-track sessions that includes both oral and poster presentations by leading yoga research scientists. It is suitable for researchers, clinicians, integrative healthcare professionals, yoga therapists, and psychology and education professionals interested in yoga research. Keynote speakers include Herbert Benson, M.D., Director Emeritus of the Benson-Henry Institute (BHI) and Professor of Medicine, Harvard Medical School, and Mark T. Greenberg, Ph.D., Bennett Chair of Prevention Research, Penn State University.

Additional speakers include:

- [Beth Bock, Ph.D.](#), Professor of Psychiatry & Human Behavior, Alpert School of Medicine at Brown University.
- [Richard P. Brown, M.D.](#), Associate Clinical Professor of Psychiatry at Columbia University.
- [Debbie L Cohen, M.D.](#), Associate Professor of Medicine, University of Pennsylvania.
- [Holger Cramer, Ph.D.](#), Yoga Research Director at the Department of Internal and Integrative Medicine, University of Duisburg-Essen, Germany.
- [Patricia L. Gerbarg, M.D.](#), Assistant Clinical Professor in Psychiatry at New York Medical College.
- [Dhanunjaya \(DJ\) Lakkireddy](#), is Professor of Medicine, with the Division of Cardiovascular Medicine at the University of Kansas Hospital and Medical Center
- [Helen Lavretsky, M.D., MS](#), Professor of Psychiatry and Biobehavioral Sciences. Director, Late-life Mood, Stress, and Wellness Research Program at UCLA.
- [Crystal L. Park, Ph.D.](#), Professor of Clinical Psychology at the University of Connecticut, Storrs, and affiliate of the University of Connecticut Center for Health, Intervention and Prevention.
- [Susan Reed, M.D., MPH, MS](#), Professor at the University of Washington in the Departments of Obstetrics and Gynecology and Epidemiology and is jointly appointed at Fred Hutchinson Cancer Research Center and Group Health Research Institute in Seattle.

### ABOUT SYTAR 2013:

This is the fifth Symposium on Yoga Therapy and Research that is dedicated entirely to professional education, practice, research and policy issues for yoga therapy. This is also the first time SYTAR will be held on the East coast. Common Interest Community sessions are offered as well as practice sessions that support one or more of the competencies in IAYT's new educational standards for the training of yoga therapists. Views from distinguished leaders in the field comprise the plenary and panel discussion sessions, and up to 22 Continuing Education credits are available in select health care disciplines. Keynote speakers include: [Nischala Joy Devi](#), President of Abundant Wellbeing; [Sonia Nelson](#), Director of Antaranga Yoga and the Vedic Chant Center; and [Vasant Lad](#), BAMS, MaSC, Founder and Director of the Ayurvedic Institute.

Additional speakers include:

- [Judi Bar](#), E-500 RYT, Yoga Program Manager, Center for Lifestyle Medicine, Cleveland Clinic
- [Göran Boll](#), Founder and Director, Medical Yoga Institute of Sweden
- [Cathryn Booth-LaForce, Ph.D.](#), Charles and Gerda Spence Endowed Professor of Nursing, professor of Family & Child Nursing, and Adjunct Professor of Psychology at the University of Washington
- [Loren Fishman, M.D.](#), Manhattan Physical Medicine & Rehabilitation and Assistant Clinical Professor at Columbia Medical School
- [Mladen Golubic, M.D., Ph.D.](#), Medical Director, Center for Lifestyle Medicine, Cleveland Clinic
- [Kim Innes, Ph.D.](#), Associate Professor in the West Virginia University Department of Epidemiology and the University of Virginia Center for the Study of Complementary and Alternative Therapies
- [Sat Bir Khalsa, Ph.D.](#), Director of Research for the Kundalini Research Institute and the Kripalu Center for Yoga and Health and Assistant Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital in Boston
- [Gary Kraftsow](#), MA, Founder and Director of the American Viniyoga Institute
- [Joseph LePage](#), MA, Founder and Director of Integrative Yoga Therapy
- [Robin Rothenberg](#), E-500 RYT, Director of Essential Yoga Therapy
- [Rolf Sovik](#), Psy.D, President and Spiritual Director of the Himalayan Institute
- [Subodh Tiwari](#), Joint Director of the Kaivalyadhama Yoga Institute

#### About IAYT

The International Association Yoga Therapists (IAYT) supports research and education in Yoga and serves as a professional organization for Yoga teachers and Yoga therapists worldwide. Founded in 1989, the IAYT has consistently championed the cause of Yoga as a healing art through publications, conferences, and now, standards for the training of yoga therapists. Membership is open to yoga practitioners, teachers, therapists, researchers and healthcare practitioners who utilize yoga in their practice. Its mission is to establish Yoga as a recognized and respected therapy.

For more information on IAYT, visit [www.iayt.org](http://www.iayt.org).

For registration and more information on the SYR and SYTAR, please visit: [www.sytar.org](http://www.sytar.org).

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