

Professional Issues: A View of Two Growing Professional Organizations

Yoga Teaching & Yoga Therapy

- A. Yoga Teaching entails teaching yoga while not professing to provide remedies in a curative manner from within western language of licensed healing professions
- B. Yoga Therapy entails working with individuals with various conditions, providing safe practice, and addressing imbalances due to these conditions.
- C. They overlap and are intertwined:
 - There is teaching within yoga therapy
 - All yoga is therapeutic – as so therein lies the semantic dilemma.

Some History

Unity in Yoga, began at a Kripalu conference in 1997. It became Yoga Alliance, who created Standards for Yoga Teachers so that people familiar with yoga could serve to self-regulate yoga as a vocation, with so no state licensing. They created minimum standards for teachers in the field. Now they have 200-hr/300-hr/500 total - hr/children's 100/prenatal 100, standards. Standards are in place for recognition of standing of professionals in a field, and to protect the public, and to some degree educate the public.

Professional Credentialing:

- Promotes a minimum level of competency (that increases in quality over time)
 - Homogenizes the offerings within a field
- So the challenge is to keep the diversity, while being able to assess competency.

YA and IAYT Current Mission Statements (2017)

- A. Mission of Yoga Alliance Registry (YAR)*Last updated: February 18, 2015*

Yoga Alliance Registry provides minimum standards and advances education by developing, monitoring, and improving standards for high-quality yoga instruction, and promotes health and safety of the public by providing a mechanism for aspiring yoga teachers to ensure that the training they receive covers fundamental health and safety basics as well as core yoga principles and techniques that are common to the diverse forms of yoga practice

Second, YAR's teacher registry serves the public by providing an easy method for yoga students and practitioners to find yoga teachers who have received yoga teacher training that meets minimum standards.
- B. IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide. Our mission is to establish yoga as a recognized and respected therapy.

IAYT recognizes inherent healing, therapeutic alleviative, palliative and holistic features of the practice and methods of yoga. And is self-regulating. Licensing means loss of control by experts within a field over defining features of a field.

YA's Words and Disclaimer

Overall, words that relate to general wellness or improving health, even in already healthy people, are permissible. Words that suggest that yoga techniques can treat or improve specific health conditions are subject to the policy. Similarly, words that suggest training or skill in diagnosing health conditions are also subject to the policy. Under the policy, these kinds of "medical" words are not permitted.

Disclaimer for a Teacher:

The disclaimer you include must identify the basis for your qualification to treat or diagnose health conditions. "The yoga therapy components of my teaching are based on my [non-YAR credential or other qualification], not derived from my status as an [RYT/E-RYT] with Yoga Alliance Registry."

What Exactly Are the Words I Can/Cannot Use?

List of words that are restricted under the Policy and some suggested alternatives you can use.

Restricted Words under the Policy:

Therapy/Therapist/Therapies

Therapeutic yoga

Therapeutic session(s), application(s), relationship(s), practice(s)

Yoga therapy

Medicine (medical, medicinal)

Doctor

Symptom(s)/Disease(s)

Cure/Heal (and variants like curing, cured, curable, healing, healed, etc.)

Alleviate (and variants like alleviation, alleviating)

Diagnose (and variants like diagnostic, diagnosing, etc)

Treatment(s)/Treatment Plan(s)/Treat(s) (and variants like treating, treatable, etc.)

Biomedical/Biomedicine

Pathophysiology

Prescribe/Prescription(s) (Rx)

Mudra Therapy (mudra alone is fine)

Marma Therapy (marma alone is fine)

Mantra Therapy (mantra alone is fine)

Integrative Health

Recommended alternatives:

Improve general health/wellbeing

Therapeutic element(s)

Therapeutic benefits of yoga

Therapeutic essential(s)

Mantra

Mudra

Marma

Holistic healing

Holistic wellbeing

Increase general health

Restore general health/wellbeing

Enhance general health/wellbeing

Restore balance

Promote general health/wellbeing

Wellness

Restorative yoga/practice

Physical therapy/therapist

Physiotherapy/Physiotherapist

Massage therapy/therapist

Occupational therapy/therapist

Music therapy/therapist

Reiki therapy/therapist

Licensed Respiratory Therapist

Speech therapy/therapist

Sports medicine/therapy/therapist

Licensed Naturopathic Doctor

Doctor of Physical Therapy

Integrative medicine

School/Doctor of Medicine

Medical Doctor/School

Physiological benefits/effects