



**AUSTRALASIAN ASSOCIATION OF  
YOGA THERAPISTS**  
Leadership • Education • Integrative Medicine

## March Newsletter Bringing on the Plan – Forwarding the Ideas

Dear Members

Over the last few months the AAYT Committee has sought to look at ways in which we can best serve our fellow members and allied therapeutic communities. The committee has developed a Strategic Plan, identified our priorities and all members of the management team are focusing on ways of meeting the key directions you identified in our last survey.

Our Vision is:

*“Dedication to the Art and Science of Yoga Therapy and to provide professional leadership and unity to the Yoga Therapy sector”*

To achieve our vision we have set goals which aim to:-

- Communicate - direct contact with members
- Promote - Yoga Therapy and Yoga Therapists
- Educate - members and affiliated networks
- Maintain - high standards for membership and accredited courses
- Sustain - through good governance

Each goal branches out into a set of actions to achieve the Strategic Plan which conveys our enthusiasm and captures the AAYT's ongoing integrity.

### Communication

Our focus is on keeping you up to date with ongoing educational opportunities so that you can keep abreast of the knowledge, skills and information in this almost limitless field of learning. We will do this by maintaining an up-to-date Website, access to our AAYT Facebook group page and monthly newsletter. In general, we believe effective communication is central to moving forward.

Importantly, we would like to hear from you, our Yoga therapist members. We invite you to share your case studies, your achievements, your photos and your new learning so that we can help inspire others and broaden our member network.

### Promotion

Our focus is dedicated to promoting the Yoga Therapy profession, Yoga Therapy research, and to networking with allied health professionals. We're looking at ways to awaken mainstream society to the simple wisdom inherent in Yoga therapy and to knowing the capacity for healing and wholeness through the power of breath, mind and movement.

## Ensuring Quality Standards

Clearly, “*accredited training*” needs to be credible training that offers you the knowledge, skills and confidence you will require as Yoga therapists in order to make a difference to people in need of healing.

We have set rigorous training standards towards ensuring students and the public get authentic Yoga therapy that also represents value for money. The standards offer protection for both training providers and trainees and, most importantly, for members of the public who can have confidence in the competency of AAYT registered practitioners.

## Information and Education

I've included information below on a three-day retreat in Portsea with renowned Yoga Therapist trainer Saraswathi Vasudevan (Yoga Vahini , Chennai); the upcoming Enlightened Events Conference in April; Yoga Therapy Australia's Byron Bay weekend workshop with Dr N.Chandrasekaran in May; and the IAYT's SYTAR Conference in June. They're all great opportunities for ongoing education, networking, and CPD's.

Come and meet members of the committee and myself at the AAYT promotional table - 'Enlightened Events Yoga Therapists Conference'. Bring your ideas and inspiration to help make the vision of Yoga Therapy a space of positive action!

I look forward to hearing from you, as always!

Karine Shellshear  
President of AAYT  
Leadership, education and integrative medicine  
[president@yogatherapy.org.au](mailto:president@yogatherapy.org.au)

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## CONFERENCES AND WORKSHOPS COMING UP -

MARCH – Be quick for this!

**“Pranayama and Meditations from the Yoga Sutras”**  
**Saraswathi Vasudevan**  
Mornington Peninsula March 16-18.

A three-day workshop where you can attend all or just part of the programme.

Saraswathi studied and trained under Sri TKV Desikachar for over 17 years in the tradition of Sri T Krishnamacharya that is strongly founded in the teachings of Patanjali and specialises in adapting yoga to the unique needs and abilities of each individual. She holds two Masters Degrees (in Nutrition and Psychology) and a Post-Graduate Diploma in Yoga. She has served as a yoga teacher, consultant, trainer and therapist for close to two decades at Krishnamacharya Yoga Mandiram in Chennai and has also been actively involved in yoga research bringing the much-needed scientific perspective to yoga therapy.

One day: \$160  
Three days: \$440

For more information contact:  
Baxter [b@palateearth.com](mailto:b@palateearth.com) or [0423 161 503](tel:0423161503)

## APRIL ENLIGHTENED EVENTS – The Australian Yoga Therapy Conference (AYTC)



Guest speakers include:

**Richard C. Miller PhD**, - internationally acclaimed clinical psychologist, author, researcher, and spiritual teacher who is renowned for his work using iRest Meditation with people experiencing trauma, PTSD, pain, anxiety, insomnia and chemical dependency.

**Shanti Shanti Kaur Khalsa PhD** - Medical Family therapist, highly experienced Yoga therapist and Yoga teacher trainer and specialist in diabetes, cancer, heart disease. HIV, depression and CFS.

For full list of presenters and program details:

<http://enlightenedevents.com.au/events/australian-yoga-therapy-conference>

## MAY

### The Deeper Aspects of Prana

Dr N Chandrasekaran (Dr NC) – Yoga Therapy Australia  
Byron Bay - 20 -21 MAY 2017



“The Deeper Aspects of Prana” presented by renowned International teacher, Master of Yoga therapy and Advisor to the Australasian Association of Yoga Therapists (AAYT), Dr N. Chandrasekaran.

**Where:** Byron Bay Scout Hall, Tennyson Street, Byron Bay

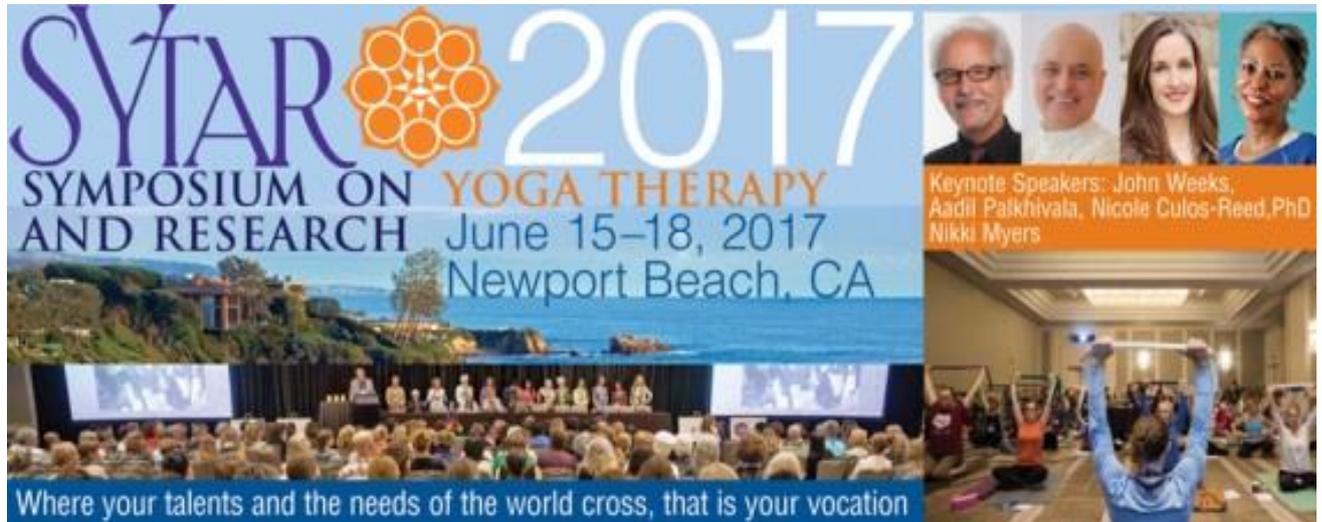
**When:** 9.30am -12.30pm and 2pm – 4.30pm, Saturday 20 May – Sunday 21 May 2016

**Cost:** EARLY BIRD \$295 incl. \$345 (payments received on or after 15 April 2017).

For more information: <http://yogatherapyaustralia.com/category/workshops-training-modules/>

## JUNE

**International Association of Yoga Therapists  
Symposium on Yoga Therapy and Research – June 15<sup>th</sup>-18<sup>th</sup>**



## AND DON'T FORGET.....

IAYT – Grandparenting deadline for Yoga Therapist Certification - June 30

[www.iayt.org/](http://www.iayt.org/)

<http://www.iayt.org/page/2017HomePage>

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**March issue of Australian Yoga LIFE - out now**



Once again our typically eclectic mix of articles has plenty of good reading. Read our – 'This Yoga LIFE' article (page 13) that discusses yoga magazine cover images. The article asks the question – 'are they doing yoga a disservice'? Share you thoughts and ideas with us on facebook or by email. [www.ayl.com.au](http://www.ayl.com.au)

Look out for our competition on the inside back cover. All you have to do is share AYL's March cover on your facebook page and you go into the draw to win \$500 worth of product from [Shikaradesign.com](http://Shikaradesign.com). They have some great products such as icons and lots of Indian products suitable for studio and home.

Interesting articles in this issue include –

"Digestive Health Care – an Ayuvedic Perspective",  
"Yoga Research - Does it stack up?" "  
"The Journey Home - Bringing hope to Veterans suffering PTSD

,,, plus more good reading.



