

■ *Chiropractic and Yoga*

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Many yoga therapists are looking for jobs / internships in chiropractic offices. This is an interesting reinforcing opportunity for both professions to benefit and share information to help our patients. If you have never participated in yoga, meditated or studied Ayurveda, your journey of enlightenment is about to begin.

years I have been in practice, including Yogi Bhanjan, Bikram, Anna Forrest, Dr. Larry Payne, Dotti Candler and many, more. At my International Sports Science Institute in Los Angeles, I have always had yoga classes, and we have modified yoga movements to enhance our athletes and non-athletes' ability to perform.

I have learned that yoga students, as well as teachers, are athletes with the desire to be their best. If they are out of alignment and cannot balance their bodies themselves, they seek chiropractic care. The symbiotic relationship between chiropractic and yoga is a no-brainer.

There is also a symbiotic relationship between chiropractic, meditation and Ayurveda ("science of life"), which is a sister science of yoga. Ayurvedic medicine is the fastest-growing area in sports science today. Doctors of chiropractic can greatly benefit by learning about it. Based upon the most recent yoga census, there are more than 20 million yoga students and over 100,000 certified yoga teachers in the U.S. This presents one of the greatest opportunities for the

chiropractic profession to expand our influence nationally and internationally. D.D. and B.J. Palmer would be proud.

I want to encourage our profession to get involved and share in this golden opportunity to help tens of thousands of yoga teachers, which in turn will influence millions of yoga students to learn more about chiropractic and the services our profession offers. There is a new branch of yoga being taught at Loyola Marymount University in Los Angeles, offering an academic certification in four levels, including clinical internship for yoga instructors who have completed a three-year course in yoga therapy. The Loyola Marymount University program was inspired by Larry Payne, PhD.

In 1984, Larry and I created the first Yoga Therapy Department at the International Sports Science Institute, which he developed into the aforementioned accredited certification program. Dr. Payne is world-renowned as an educator,|

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