

■ Chiropractic and Yoga

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author and teacher / practitioner of yoga. He is a chiropractic advocate and an inspiring lecturer who would be great to invite to annual state conventions. If chiropractic is going to benefit from the fast-moving tidal wave of yoga referrals, you'd better start learning more about what this art and science has to offer.

Dr. Payne has authored several books on yoga including *Yoga for Dummies*, *Yoga Rx* and *The Business of Teaching Yoga*; as well as eight DVDs.

Loyola Marymount University course curriculum and teaching staff have included doctors of chiropractic, MDs and physical therapists since the course's conception. Rick Morris, DC, has played a major role in helping Dr. Payne develop a comprehensive yoga therapy evaluation course and DVD to instruct yoga therapists on testing orthopedic range of motion, in order to develop an effective protocol measuring musculoskeletal strength, flexibility, quality of life, and breath / lung capacity.

Another chiropractor who has been of great support to Dr. Payne is Eden Goldman, DC, who is a contributing author to a book in progress on yoga titled *The Ultimate Yoga Therapy Book*.

It is time to become proactive and get involved. To find a certified yoga instructor near you, go to the International Association of Yoga Therapist (IAYT) website (www.iayt.org/site_vx2/profile/search.aspx). Simply type in your zip code, hit "search" and a list will appear with your local yoga therapist contacts. Other yoga information sources include the *Yoga Journal's* online teacher directory (www.yogajournal.com/directory/category/teachers_and_studios).

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. ■

Dr. LEROY PERRY JR., president and founder of the West Los Angeles-based International Sports Science Institute (ISI), was the first chiropractor to serve as an official Olympic team doctor. He co-founded (with NBA Hall of Famer, the late Wilt Chamberlain) the Foundation for Athletic Research and Education, an organization that teaches athletes how to enhance performance through proper diet, exercise and biomechanics; and chairs the Sports Science and Medical Advisory Board for America's Schools Program, a national recycling initiative that raises money for education (K-12 grade).

For additional information, read Dr. Payne's article, "What Is Yoga?" in the June 20, 2013 issue of the *Huffington Post* online ([HuffPost Healthy Living Blog](http://HuffPostHealthyLivingBlog)).