



FOR IMMEDIATE RELEASE

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International Association of Yoga Therapists announces Dilip Sarkar, MD, as the new President of the Board, with Robert Butera, ERYT, PhD as Vice President and Matra Raj ERYT, OT as Secretary-Treasurer.

April 4, 2013 – Prescott, Arizona. –**Dilip Sarkar, MD, FACS, CAP**, of Norfolk, Virginia, has been elected President of the Board of Directors of the International Association of Yoga Therapists (IAYT). Dr. Sarkar is a retired vascular surgeon, now teaching classes in Yoga therapy, Ayurvedic wellness and Integrative Medicine, combining his forty years of experience in conventional medicine with his knowledge of Ayurveda and Yoga. He is a Fellow of the American Association of Integrative Medicine (AAIM) and retired as an Associate Professor of Surgery at Eastern Virginia Medical School and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital.

“We are extremely pleased and excited about the visionary leadership Dr. Sarkar provides. Given his extensive background in Medicine, Yoga and Ayurveda, he is a much sought after international spokesman for the sound integration of these modern and ancient sciences in healthcare. He also has a long history of executive leadership on boards.” says John Kepner, Executive Director. “Actually, we are all very pleased and excited about each and every board member and the board as a whole. Each one brings a long history of accomplishment and service and they work together productively and harmoniously. This vision is more important than ever, because the benefits Yoga can bring to healthcare are becoming more and recognized by conventional medicine and IAYT is expanding our services to meet this growing demand.”

Bob Butera, E-RYT, MDiv, PhD, of Devon, PA, was elected Vice President. He is the founder of The YogaLife Institute and publisher of *Yoga Living* magazine in the greater Philadelphia, PA market. Bob is certified as a Yoga Therapist with Dr. Javadeva Yogendra at The Yoga Institute of Bombay (1989) and later obtained his Ph.D. in Yoga Therapy at The California Institute of Integral Studies. Bob emphasizes a holistic exploration of Yoga and is known for teaching ancient Classical Yoga principles in a practical and relevant way that connects students with their own divinity. He is author of *Meditation for Your Life*, 2012 and *The Pure Heart of Yoga: Ten Essential Steps for Personal Transformation*, 2009.

Matra Raj, OTR, ERT500, of Palo Alto, CA, was elected Secretary-Treasurer. Matra is an Occupational Therapist, a perinatal educator and a Yoga Therapist. She has integrated therapeutic Yoga in acute, clinical and research and community wellness settings. She teaches pre-natal and mother- baby Yoga at Lucile Packard Children's Health University at Stanford California. She integrates Therapeutics Yoga and Occupational Therapy in her private practice. She taught the back program for the Rehabilitation department at Stanford and has integrated 'Yoga for spine care.' She worked as a stroke research therapist at the R&D department of Veteran Hospital, Palo Alto and has published several papers. Matra is on the Board of Family YMCA Palo Alto, California. Matra is the founder of Indo- American Community Service Centre. She is also on the Yoga Education committee of the Resource Center for Asians at El Camino Hospital and on the board of Society for Art and Cultural Heritage of India (SACHI).



Eleanor Criswell, EdD, of Novato, CA is *ex officio* on the board as immediate past President. She is professor emeritus of psychology at Sonoma State University in Rohnert Park, California, where, in cooperation with Joseph Le Page of Integrative Yoga Therapy she developed one of the first graduate programs in Yoga therapy in the United States. She is the author of many publications on Yoga and Somatics, including *How Yoga Works: An Introduction to Somatic Yoga*. She also has extensive experience with nonprofit associations and has been the editor of Somatics magazine-journal <http://www.somaticsed.com/magJournal.html> since 1990.

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.

IAYT's academic and scientific research conference, SYR 2013, will be held June 11-13 in Boston. This single track academic research meeting includes keynote speakers, oral presentations from other senior researchers, multiple poster sessions, and ample opportunities to interact with other scientists, experts and professionals in the field. For more information, visit: <http://www.sytar.org>

IAYT's professional conference, SYTAR 2013, will be held June 13-15, 2013 in Boston, MA. This multi-track professional conference attracts many notable yoga therapists and health care providers in the field. For more information, visit: <http://www.sytar.org>

For more information on IAYT, visit: <http://www.iayt.org/>

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