

ConferenceReports

MISTY: Montréal International Symposium on Therapeutic Yoga

This is what happened to me when I directed my attention toward connecting with other like-minded souls in the therapeutic yoga field.

March 9–10, 2019
Montréal, Canada

By Nydia Tijerina Darby



The 2019 MISTY was a fantastic adventure. To begin with, I was honored to be invited to present on one of my favorite topics . . . foot strength and mobility! I was overwhelmed with gratitude for the kindness and support of the attendees, the other presenters, and of course Helene. I was also surprised to learn that my presentation was selected to be filmed and will be archived on the MISTY website!

I had such a warm welcome and made so many new friends at MISTY 2017 that I decided to invite two colleagues from San Antonio, Terri Boggess, PhD, and Simone Norris, MD, to come with me this time. These two amazing women are an important part of the Nydia's Yoga Therapy Research and Training team that exists along within my latest learning and educational platform, The Open Hand Institute. I wanted them to have the experience of networking with clinicians, yoga therapists, and educators at MISTY 2019.

This year, I was especially looking forward to meeting a contingency from Taiwan, who proved to be very kind and energetic despite their long journey.

Just being in hospitable Montréal for this conference was amazing. Le Westin was a great location from which we were able to easily take in the sights of Old Montréal and its grand architecture.

My peer presenters were top notch and demonstrated their expertise in their fields with a genuine sense of humility. This weekend symposium draws an international group of speakers with medical backgrounds who incorporate therapeutic yoga into their practices. The gratitude they expressed toward those attending their programs was palpable. Every course was presented on one easy-to-access floor in the building in an area that surrounded common areas for socializing and dining, an ideal setting that fostered communication and connections among the 108 (yes, really) attendees. Many presentations offered digital/video information coupled with movement or experiential practice. We had the opportunity to sit, stand, or position ourselves for comfort throughout the entire conference. That made me happy, since we are all now aware of the hazards of prolonged sitting. We learned, then practiced techniques



2019 MISTY presenters, l-r: Timothy Gordon, Jennifer Kreatsoulas, Shelly Prosko, Crystal Frazee, Robin Rothenberg, Jules Mitchell, Neil Pearson, Helene Couvrette, Shailla Vaidya, Nydia Tijerina Darby, Kelli M. Bethel, Tracey Eccleston. Topics included pelvic floor health, yoga for sleep, clinical assessment, stroke, chronic pain, postpartum recovery, and many others.

both new and familiar. Most presenters shared two learning opportunities, allowing attendees to schedule at least one session with each.

I am grateful for the effort and commitment that Helene Couvrette puts into the production of MISTY—I don't know how she does it while running her full-time programs and studio. This trip is a definite must on any lifelong learner's adventure list! **YTT**



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