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Editorial

by Georg Feuerstein, Ph.D.

This issue represents a joint effort between myself and Richard Rosen, who henceforth will serve as the journal's senior editor with me taking a more supervisory role as editor-in-chief. Richard has taught and practiced Yoga for many years and also is well informed about Yoga's philosophical-spiritual heritage—the journal will be in excellent hands under his editorship. Together we have assembled in this issue what we think is both a practical and horizon-expanding selection of articles.

Yoga therapy, at least as practiced in the West today, is a discipline in the making. As editors of this journal, which is the official organ of the International Association of Yoga Therapists, we see it as our principal obligation to support the development of Yoga therapy into a full-fledged preventive and remedial psychosomatic discipline. Such a comprehensive therapy must be based on sound anatomical-physiological and psychological principles while at the same time remaining cognizant of the traditional yogic model of the human being—a model that views the body and human life in general in much broader terms than is the case with conventional therapeutic modalities. In other words, to achieve healing at the deepest level, Yoga therapy—as I and others have argued in this journal—must include the spiritual dimension.

In keeping with this view, the present issue offers a range of articles, including a dialogue on the definition of Yoga therapy—the kind of conversation that needs to happen more frequently and with growing depth. In future issues, we will address the critical topic of qualifications and training standards in Yoga therapy, as it is inevitable and desirable that Yoga therapy will come more and more in contact with Western medi-

cine. It is in fact already one of the alternative or complementary medical modalities. As such it will undoubtedly be increasingly scrutinized by the medical profession, and thus the professional community of Yoga therapists needs to be properly prepared.

Richard Rosen began his study of Yoga in 1980 and is a graduate of the Iyengar Yoga Institute in San Francisco. He is on the board of directors of the California Yoga Teachers Association (CYTA) and Yoga Research and Education Center (YREC), for which he also serves as deputy director. A regular contributor for the past ten years to *Yoga Journal*, Richard also has published in *Yoga International*, *Ascent*, the German magazine *Yoga Aktuell*, and the anthology *Whole Mind*. Richard teaches *asana* and *pranayama* classes in Berkeley and Oakland, California, and continues his study of traditional Yoga under the tutelage of Ramanand Patel and Georg Feuerstein.

