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Editorial

The *International Journal of Yoga Therapy* (IJYT) has undergone several transitions in its editors over the past years. We thank Will Boggs as the outgoing Editor in Chief for his recent role and efforts in serving the journal, and have been pleased and honored to begin our work as editors starting in April of this year. While we have been fully occupied in finalizing the article content for this year's issue, within the next year we hope to reevaluate many of the journal's characteristics and make changes where necessary to strengthen it and preserve its leading role as a strong representative of yoga therapy and yoga therapy research.

This issue celebrates the auspicious 25th year of the journal, and the cover includes a montage of all of the previous 24 issue covers. Much has changed since the journal was founded in 1990. At the time of the first issue of what was then entitled *The Journal of the International Association of Yoga Therapists*, there was only one other academic journal for yoga, *Yoga Mimamsa*, founded in 1924 and published by the Kaivalyadhama Yoga Institute in India. The early issues of our journal predominantly included perspective articles and only few research papers or clinical trials. Yoga therapy research as a whole was in its infancy with fewer than 100 published clinical trials of yoga as a therapeutic intervention in peer-reviewed journals. Today, there are a half-dozen yoga research journals, IJYT publishes many clinical research trial studies and is fully indexed in PubMed, and there are now over 500 published clinical trials in the research literature. Furthermore, the practice of yoga in the public and in healthcare, as well as yoga and yoga therapy research, are both experiencing a dramatic exponential proliferation; there appears to be a strong future in this field.

We invite yoga therapists and yoga researchers to continue to contribute their meaningful theoretical and practical perspectives, as well as research trial manuscripts to the journal. Please feel free to contact us with any inquiries regarding manuscripts you may wish to submit. We are dedicated to serving the role of this journal as a strong academic voice for yoga therapy and yoga research. We echo the sentiment of the founding Editor in Chief Richard Miller in his editorial in the first issue: "May it serve to bring the practical application of yoga one small step closer to realization in your life."

Sincerely,



Sat Bir Singh Khalsa, PhD
Editor in Chief



Laura Schmalzl, PhD
Managing Editor