

# Editorial

It has been an exciting year with several new developments for the *International Journal of Yoga Therapy* (IJYT). First, we have a new Editorial Board, with Lorenzo Cohen, Holger Cramer, Timothy McCall, Matthew Taylor and Shirley Telles all joining our IJYT team. We are very honored to have this group of internationally renowned pioneers of yoga therapy and yoga research on board, and are looking forward to collaborating with them in the years to come with the aim of continuing to enhance the caliber of IJYT. Second, we have adopted a new E-pub-ahead-of-print system. This means that in addition to being published in our yearly issue, all IJYT articles are now made available to the public as electronic preprints upon their acceptance. Preprints are indexed in PubMed and full text versions of accepted articles are available as free downloads for all IAYT members. This process will enhance the visibility and facilitate the distribution of our published work. Third, we have revised and refined the IJYT author guidelines, with the aim of continuing to improve the quality and standard of submissions.

As for the content of the current IJYT issue, the contributions include a very interesting series of original research, methods, and perspective articles. Featured original research conducted with specific clinical populations includes a study evaluating the efficacy of yoga for generalized anxiety (Morgan et al., 2016), an examination of how mindful yoga may modulate abnormal pain processing in fibromyalgia (Carson et al., 2016), and a pilot study evaluating the feasibility of a brief yoga-based intervention aimed at reducing acute pain and psychological distress associated with gynecological surgery (Sohl et al., 2016). Other pilot studies include an evaluation of the preliminary effectiveness of a 10-week Ayurveda-inspired yoga program for weight management (Brown et al., 2016), and a study documenting self-reported benefits and adverse effects of hot yoga (Mace et al., 2016). Contributions adopting qualitative methods include a study investigating the role of yoga in the healing process of individuals who experienced intrapersonal trauma (Gulden et al., 2016), an evaluation of whether yoga may be an effective aid to smoking cessation (Rosen et al., 2016), and an analysis of a mentoring-oriented yoga program for fostering resilience among individuals impacted by poverty and trauma (West et al., 2016). In addition, the research section also includes a study reporting the

results of a cross-sectional survey documenting the delivery of yoga therapy by instructors across the US (Ross et al., 2016). Featured methods articles include the description of a protocol of an individually tailored yoga programs for cancer patients undergoing chemotherapy (Sohl et al., 2016), and a proposal for standardizing and simplifying the collection of patient-reported outcomes in research and clinical practice in the context of yoga therapy (Ross et al., 2016). Lastly, a featured perspective piece draws attention to the need for furthering our understanding of how yoga may improve psychosocial wellbeing (Crowe et al., 2016).

Our editorial work is, of course, only a small portion of what makes IJYT possible, so we would like to conclude by expressing our gratitude to several people who serve the journal in many ways. A special thanks goes to Stephanie Shorter for her copy-editing work, Ken Wilson who is responsible for the layout and graphic design, Abby M. Geyer who manages the advertisements, and Devi Mueller who assures that IJYT's online presence is looked after. And last but not least we would like to thank all IAYT's sponsors as well as IAYT members who help support the IJYT through their membership.

Sincerely,



**Laura Schmalzl, PhD**  
Managing Editor



**Sat Bir Singh Khalsa, PhD**  
Editor in Chief