

Editorial

When we wrote the editorial for last year's issue, we did not imagine that this time around we would be writing this introduction while largely isolated in our homes during a pandemic. Living through this experience has likely prompted all of us to reassess our values, priorities, and goals.

For us as editors, times like these make the work of facilitating the publication of studies on yoga and yoga therapy all the more meaningful. Individually and collectively, more than ever we need practices that enable us to self-regulate physically, mentally, and emotionally. We hope that the research and perspective articles in this issue will inspire practical applications and continued future research in the field and support the dissemination of yoga and yoga therapy in clinical and community settings alike.

We are particularly pleased with this year's research articles, as they include a wide variety of populations and settings. Two of the studies on specific clinical populations focus on Parkinson's disease: One investigates the effects of yoga on both physical and emotional symptoms of the condition (Myers et al., 2020), and the other aims to identify the factors that predict functional improvement following a yoga intervention (Adams et al., 2020). A study with cancer survivors looks at how yoga and meditation practice can benefit chemotherapy-induced peripheral neuropathy, while drawing attention to the inherent challenges of conducting studies in multicultural settings (Galantino et al., 2020). A study on individuals with type 2 diabetes considers the impact of yoga practice on oxidative stress, glycemic status, and anthropometric measures (Hedge et al., 2020). An investigation on individuals with traumatic brain injury describes a systematic effort to identify the best practices for adapting and delivering community-based yoga to this specific population (Chauhan et al., 2020).

Like many of the articles in this issue, a study on military veterans with chronic low back pain reflects the socio-cultural context in which we live: This presentation of the secondary outcomes of a randomized controlled trial of a yoga intervention discusses the results while emphasizing the importance of increasing yoga programs' accessibility (Groessl et al., 2020). Another investigation evaluates the effects of a trauma-informed yoga intervention created specifically for sexual assault survivors and delivered in a community-based setting (Nicotera & Connolly, 2020). Other studies that consider facilitators of and barriers to practice include one evaluating attitudes toward prenatal yoga among those with high-risk pregnancies (Deshmukh et al., 2020), and an evaluation of the current state of integration of yoga into physical therapy (Thompson et al., 2020).

The three perspective articles featured in this issue are also of particular value. The first explores the value of yoga and mindfulness programming in carceral settings through interviews with two formerly incarcerated individuals who participated in a yoga program while incarcerated and subsequently became yoga instructors (Rousseau & Horton,

2020). The second perspective explores how social work could provide a complementary lens through which yoga therapy can be analyzed and evaluated, with a specific focus on knowledge-creation practices and procedures that prioritize epistemic responsibility (Larocque & Moreau, 2020).

Finally, this issue contains a unique contribution: a white paper written as part of IAYT's efforts to support yoga therapy as a respected and recognized profession. Specifically, the paper addresses how yoga therapy can serve in comprehensive integrative pain management. It is written in a conversational style aimed at a broad interdisciplinary audience that includes medical professionals, policymakers, insurance companies, patient advocacy groups, and the media (Pearson et al., 2020). A full-text version is freely available to the public (www.iayt.org/WP_YTPain).

We'd like to take this opportunity to introduce our new associate editor, Catherine Justice, PT, DPT, C-IAYT, E-RYT 200, CST, who took over Laura Schmalzl's duties as we began processing manuscripts for the 2021 issue. Catherine started teaching yoga in 2004, and a desire to deepen her knowledge of the practice's use for healing brought her to the University of Minnesota, where she received her Doctor of Physical Therapy degree in 2010. Catherine currently practices physical therapy in the Integrative Health Clinic at Hennepin Healthcare in Minneapolis, where she co-created the yoga portion of their resilience training program. She taught at the University of St. Catherine for 10 years and has conducted research on yoga for arthritis, Parkinson's disease, and lower back pain.

One thing that hasn't changed this year is the gratitude we express to all the people working behind the scenes to make the publication of *IJYT* possible: editorial board members Lorenzo Cohen, Holger Cramer, Timothy McCall, Matthew Taylor, and Shirley Telles; managing editor Laurie Hyland Robertson; art director Ken Wilson; advertising manager Abby Geyer; and web manager Devi Mueller. Thank you also to all IAYT members and sponsors for their continued interest in and support of our journal. We hope you all stay healthy and safe during this time!

Sincerely,

Laura Schmalzl, PhD, & Sat Bir Singh Khalsa, PhD
Co-Editors in Chief

