

Editorial

This 2021 volume of the *International Journal of Yoga Therapy* marks a major shift in our delivery model—and our world. Our transition from a paper and online format to a greener online-only publication brings us into stronger alignment with the yogic principle of *ahimsa* (nonharming) and our value of sustainability, while the themes of the articles themselves reflect the steadfast and intrinsic power of yoga to support our well-being in times of adversity. Especially after the past 2 years of isolation and connecting virtually, we know that some may mourn the loss of our tactile printed edition. One of the major lessons of this pandemic has been a new appreciation for connection through physical presence. However, this digital-only volume not only honors our respect for our limited planetary resources and environmental stewardship, but also furthers *IJYT*'s mission of advancing the field of yoga research. The new format allows us to eliminate any limitations on the number of articles so that we can publish more high-quality research in each volume: In 2021 we are pleased to present a record 25 articles. The online format also allows us to include color images and figures, making the data from each article easier to interpret. We hope that readers will adjust to and embrace this new format as we have, moving forward in the pursuit of sustainability, knowledge, and access—advancing the field of yoga therapy for all.

Collective Healing from Trauma

The biggest theme that emerges from the articles in this volume is trauma, something many of us have experienced over the past year. For 2021, *IJYT* explores how the healing power of yoga can soothe the suffering associated with violence, loss, and painful life experiences, examining the who (which populations), the what (the type of trauma), and the how (the elements and details of the yoga interventions). These themes are front and center in an article examining the adaption of a Trauma Sensitive Yoga (TSY) program in a culturally competent way to patients with histories of interpersonal violence and suicide attempts (Cattie et al.). Another article offers recommendations on the use of yoga for refugee communities (G. Kumar et al.), while Owen-Smith et al. explore the integration of mindfulness practices within a TSY intervention for youth involved in the criminal justice system. Three other articles focus specifically on trauma experienced by women, with systematic reviews of the use of TSY for women with depression (Kysar-Moon et al.) and substance abuse (Brooks et al.) and a study examin-

ing yoga for women who've been incarcerated (Lundstrom et al.). This is an area to continue to explore, as Trauma-Informed and Trauma-Sensitive Yoga interventions have enormous therapeutic potential to help with the collective healing we will all require as we rebuild our new normal in this peri-pandemic world.

Exploring the “How”: Methodology in Yoga Research

Another theme within articles in the 2021 volume surrounds the challenges of methodological investigation and the complexities of empirical inquiry for holistic, multi-modal interventions such as yoga. In an article by Vasudevan et al., the authors explore the effects of customized therapeutic yoga interventions for patients with multiple sclerosis. By offering a customized intervention, these researchers consider methodology outside the traditional model of creating replicable and standardized protocols. In contrast, a perspective article by V. Kumar et al. calls for the need for more standardized, generic yoga modules in research and practice.

Sometimes learning from what did not go well in a study can be even more useful than what did. For example, Jacobs et al. explore the challenges associated with bringing a yoga intervention for children with cancer to multiple sites. In another article, Hoffert et al. examine the incredibly relevant topics of preventing burnout among medical residents and providing a yoga intervention that is accessible within already-overburdened schedules.

Providing context on how the field of yoga research has evolved, an article by Chetry et al. examines the patterns of scholarship from 1948 to 2020, all through the lens of the PubMed database.

These and other methodologically focused articles create a dialogue of diverse points of view, highlighting the exploratory nature of this work and expressing inclusion, balance, and leadership in the field of scientific yogic inquiry.

An Eye Toward Specific Populations

The 2021 *IJYT* also offers readers insight into therapeutic yoga reaching a variety of vulnerable or historically underserved populations. Damian et al. gift us with a beautiful model of the powerful mind-body effects that yoga teacher training can have on BIPOC trainees. Other articles explore the effects of yogic breathing practices on veterans (DeLuca

et al.) and people with type 2 diabetes (Yadav et al.). This volume also includes several explorations on the demographics of who is accessing yoga. These articles range from an examination of yoga therapy clients at an academic center on the U.S. East coast (Moonaz et al.) to pregnant women in rural India (Shidhaye et al.), to urban areas in Eastern India (Mohanty et al.). Understanding the demographics of who is practicing yoga illuminates the populations who are *not* able to access yoga resources. This work contributes to the body of literature supporting improved access to yoga for unserved and underserved populations.

A Breath of Grief and Gratitude

We would like to share a final breath of grief as well as gratitude for this past year—for all we've lost, all we've been through, and who we are now because of this journey. Everyone behind the scenes at the journal would like to express a heartfelt thank you to all who made this volume possible, including the authors who trusted us with their important work, the yoga instructors and therapists who led the interventions, and all of the peer reviewers who donated hours of their time and expertise in the pursuit of exceptional yoga scholarship. We would also like to extend special thanks to the members of our editorial board, Lorenzo Cohen, Holger Cramer, Timothy McCall, Matthew Taylor, and Shirley Telles; Managing Editor Laurie Hyland

Robertson; Graphic Designer Ken Wilson; Advertising Manager Abby Geyer; all the members of IAYT; and all the yoga therapists and other advocates who bring this work to life, sharing the healing power of these practices with all in need.

Sincerely,



Catherine Justice, DPT, PT, CST,
RYT-200, C-IAYT,
Associate Editor



Sat Bir Singh Khalsa, PhD,
Editor in Chief