

Editorial

As we reflect on the 2022 volume of the *International Journal of Yoga Therapy*, we are struck by the depth and breadth found in its diverse articles. This edition includes a collection of articles spanning topics as broad and global as coping with climate change (David et al.) and as specific and personal as the use of select yoga asana in a case report on an individual with burn contractures (Dean et al.).

IJYT 2022 advances the field of yoga research, with reports on the use of yoga with specific populations as well as a series of articles exploring the lived experience of those who practice and teach yoga. As we reflect on the scope of inquiry of the potential for yoga to unite us as a community of healers, this volume also offers a profound collection of work detailing the practices' power to provide support and healing at times of intense vulnerability.

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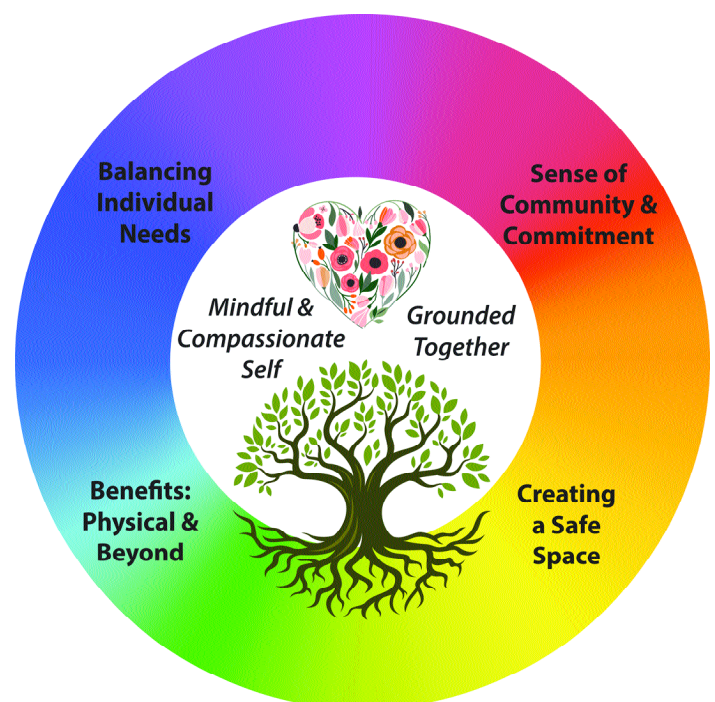
Yoga Therapy in Practice with Specific Populations

Of note, this volume includes a comprehensive review exploring the use of yoga for people who suffer from chronic neck pain (A. Mohan et al.). Not only do the authors review current randomized controlled trials exploring the efficacy of yoga for this population, they also offer specific guidance for future researchers and explore proposed mechanisms behind the therapeutic nature of yoga for people with chronic neck pain.

Diving deeper into the mechanisms behind yoga therapy, McCarthy et al. explore a mediational analysis of what factors matter most when using yoga for military veterans with chronic lower-back pain. Their exploration of the complex relationship between fatigue and pain and how it relates to disability is an essential piece of the puzzle of understanding yoga's holistic and far-reaching benefits to chronic pain. Other notable articles relating to yoga therapy in practice include a look at long-term adherence to a yoga intervention for older women with knee arthritis (Cheung et al.), an exploration of a yoga-based physical education program to improve motor skills in kindergarteners (Jarraya et al.), a pilot study on hot yoga's effects on kidney function (Bordman et al.), and the aforementioned case report on asana for upper-extremity burn contractures.

Powerful Perspectives from Those Who Practice and Teach Yoga and Yoga Therapy

The editorial staff are particularly intrigued by the collection of articles exploring the lived experiences of both teachers and practitioners of yoga. Elsmore et al. bring forward a fascinating look at the attitudes and impact of clinicians incorporating yoga into mental health therapy sessions, exploring how the therapists see the yoga affecting both clients and themselves. A topical article by Büssing and Beerenbrock explores German yoga practitioners' attitudes that shaped their decisions about receiving a COVID-19 vaccination. Ellis et al. offer a qualitative examination of the experience of yoga teachers who work with children with cancer or blood disease. Better understanding the nuances of these teachers' experiences is an invaluable resource for anyone working with this population. Ahmadi et al. consider the beliefs and attitudes on the use of yoga for people who experience chronic pain and opioid use disorder; their study explores how these beliefs manifest alongside pain, addiction, and previous yoga experience. And Arnold et al. engage in a qualitative investigation of postmenopausal women's perceptions of a yoga intervention for improved balance.



Themes that emerged from participant experiences in Arnold et al.'s study

Reeves et al. go one step beyond a qualitative or first-person perspective by asking the question of how to measure point of view in the yoga teacher/therapist community. This volume's sole methods article details the development of the epistemic and pedagogic Yoga Instructor Beliefs Scales (YIBS-E and YIBS-P). The authors' work in creating and validating these scales will help future researchers uncover how an instructor's beliefs and point of view shape their decision-making and yoga teaching. Understanding how one's own world view and belief system affect our behavior is an essential point of inquiry that aligns with the yoga practice of *svadhyaya*, or self-study. Reeves et al. have created a powerful tool to measure this foundational yogic principle. Together these articles give us a clearer image of the experience of yoga practitioners, teachers, and therapists.

Offering Support in Times of Vulnerability

Additional 2022 articles center the power of yoga to offer healing and solace during times of intense vulnerability, something the whole world seems to have been coming to terms with this past year. From Eckert et al.'s exploration of mind-body well-being for people recovering from bone marrow transplants to G. Mohan et al.'s randomized controlled trial on the anxiety and stress associated with dental surgery, the 2022 publications explore how yoga can be incorporated into medical care to improve outcomes and reduce the effects of medical trauma and stress. Galloway et al. explore how yoga practice relates to the intimacy of relationship satisfaction, mindfulness, and emotional intelligence. Of particular note is *IJYT*'s first article specifically studying a yoga intervention for those with COVID-19 (Sharma et al.); this work will provide a foundation for clinicians and researchers to build upon as they navigate the chronic nature of the COVID-19 pandemic.

Perhaps the piece that best articulates the vulnerability of our time is this issue's open-access article by David et al., "Coping and Adapting to Climate Change in Australia: Yoga Perspectives." This powerful qualitative study explores yoga practice's protective role in alleviating the emotional distress around climate change, highlighting the fact that at this time the planet itself might be the most vulnerable member of our global community.

Tradition and Innovation

When studying an ancient healing tradition such as yoga, finding ways to link traditional texts with modern scientific inquiry is no small feat. Chetry et al. provide an in-depth look at the differences and similarities in pranayama prac-

tices in ancient texts and contemporary research. This practice of honoring ancient traditions within the context of modern scientific inquiry is a shining example of a creative and culturally responsive approach to yoga scholarship.

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Gratitude

We would like to express our deep gratitude to all who made this volume possible, including the authors who poured their time, efforts, and heart into their work; the yoga instructors and therapists who designed and conducted the interventions; and all of our generous peer reviewers, who donated hours of their time and expertise to challenge and uplift the work of our 2022 contributors. We would also like to extend a heartfelt 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; and of course all the members of IAYT. We also pause to offer deep gratitude to all the yoga therapists, teachers, practitioners, and advocates who apply the healing power of yoga in support of the well-being of all who dwell on this beautiful planet.



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