Editorial

The editorial team at the *International Journal of Yoga Therapy* is pleased to debut our 2023 volume, which contains 12 original research articles, 2 methods articles, and 1 meta-analysis. All of this work explores fundamental questions on the who, what, how, and why of yoga therapy and scholarship. Yoga researchers, of course, have been devoting their careers to making these inquiries and expanding the evidence base for yoga's therapeutic benefits for years—and since 1990 in this publication. We are proud to support the continuing integration of yoga therapy into healthcare, education, and other settings by providing a platform for their efforts.

Who Stands to Benefit from Yoga Therapy—And Who Is Left out of Conventional Healthcare?

Several articles in the 2023 volume focus on the therapeutic potential of yoga for specific populations. These include an exploration on yoga nidra for frontline COVID-19 healthcare workers (Gunjiganvi et al.), a yoga program for caregivers of persons living with dementia (Balasubramanian et al.), and two studies with incarcerated individuals (Harner et al. and Goncy et al.). Hotchkiss and Cooke-Cottone found mindful self-care practices to be associated with reduced burnout risk in those working in an array of helping professions. All of these articles shed light on how a diverse array of yoga interventions can provide credible therapeutic benefit for distressed populations, people for whom existing conventional healthcare approaches are limited.

What Conditions Does Yoga Therapy Support?

Three articles focus on specific conditions, looking at what aspects of yoga can be helpful with symptom management and disease treatment. These include a feasibility trial with people with irritable bowel syndrome (Weaver-Toedtman et al.) and a yoga intervention for concussion recovery (Devore et al.). Also exploring the "what" of yoga therapy is this issue's specially designated open-access article, "Yoga and the Healing of Interpersonal Trauma: A Qualitative Meta-Analysis" (Gaffney et al.), the first qualitative meta-analysis *IJYT* has published. The yoga therapy and research community will glean powerful insight not only into the healing mechanisms underlying yoga for trauma, but also into the methodology used to analyze data from other qualitative studies. The authors provide an exceptional template for other researchers to emulate.

How Best Can Comprehensive Yoga Interventions Be Provided?

The "how" of yoga is explored in this volume, too, both through articles investigating the mechanisms behind yoga's therapeutic benefits as well as two methods articles examining how yoga research is conducted. Cheruka et al. offer a fascinating exploration of varying levels of oxygen consumption during different vinyasa yoga sequences, while Spatenkova et al. report on a randomized controlled trial of the effects of pranayama practice at high altitude. Both articles illuminate the role of oxygen regulation in yoga practices and therapy. A detailed explanation of the development and implementation process for a flexible yoga protocol (Moonaz et al.) will guide future researchers on innovative ways of creating reproducible yet customizable yoga therapy protocols. Finally, a methods article on the process of validating a yoga protocol for people with spinal cord injuries (Wadhwa et al.) could inform both research and clinical practice on how yoga can work for those who use wheelchairs.

Why Do We Do What We Do?

A number of articles in this volume explore the deeper perceptions and perspectives of the people who teach and practice yoga and yoga therapy. From an investigation of the perspectives of hot yoga studio managers in the United States on the controversial issue of heated yoga during pregnancy (Nguyen-Feng et al.), to a workforce survey of Australian yoga teachers (Maddela et al.), to an examination of individuals' motivations, choices, and perceptions when seeking clinical yoga therapy care in India (Telles et al.), *IJYT* 2023 provides a global outlook on why people choose to make yoga a part of their professional lives and their healthcare.

Through this broad inquiry into the who, what, how, and why of yoga and yoga therapy, our 2023 collection continues to move our collective knowledge forward, advancing the field of yoga and yoga therapy research and informing the approaches of yoga practitioners, teachers, therapists, and researchers the world over. This impressive body of work was made possible by a collective effort of countless dedicated people, and we would like to express our gratitude to all who made the volume possible. These individuals include all of the authors who trusted us with their powerful work; the yoga instructors and therapists who contributed to the design, implementation, and analysis of the interventions; and all of our generous peer reviewers, who donated hours of their time and expertise to advance yoga scholarship. 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. We are also grateful for the work of Managing Editor Laurie Hyland Robertson; Advertising Manager Abby Geyer; all the members of IAYT; and the yoga professionals and advocates who continue dedicate themselves to IAYT's mission to advance yoga therapy as a recognized health profession.

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