

## Editorial

As it has for more than 3 decades, in 2024 the *International Journal of Yoga Therapy* offers a collection of diverse articles that advance the field of yoga scholarship. The current volume includes 19 original research articles, as well as methods, review, and perspective articles.

Of particular importance in our tumultuous world today, we feature several articles centered around the use of yoga for trauma recovery. This content includes explorations of trauma-sensitive and trauma-informed yoga for survivors of sexual violence (Wehrmann et al.), incarcerated people (Rousseau et al.), and veterans (Bollaert et al.). Two studies from Dietrich et al. consider the impact of one-to-one trauma-sensitive yoga. Also part of this theme is an article on incorporating trauma-sensitive principles into yoga nidra interventions; Luu's perspective will be useful for clinicians and researchers alike, as it provides practical insight into how to adapt yoga nidra scripts and practices for people who have experienced trauma.

Also as we have been pleased to provide in recent volumes, this year's *IJYT* includes a selection of articles on the therapeutic use of yoga to support people with certain health conditions. Topics range from cancer (Ortiz et al. and Loy and Tatham) to cardiovascular health (Saboo et al.), and from women's health (SantaBarbara et al.) to neurological disorders (Kipnis et al.). Articles in this volume also consider children with special needs (Hart et al.) and present an *n*-of-1 trial for speech apraxia (Freestone et al.). A trio of studies delves into the therapeutic use of yoga for mental health conditions, including depression (Nyer et al.), anxiety (Rees et al.), and stress (Pakulanon et al.). Of particular interest for researchers, clinicians, and yoga professionals who work

with people with respiratory conditions, Telles et al. take a comprehensive look at how various *pranayama* practices affect breath parameters. Looking to the future of yoga research, therapy, and practice are articles exploring yoga in virtual reality (Frewen et al.) and how patients' expectations shape outcomes when receiving yoga therapy (another work by Telles et al.).

We wanted to especially highlight our 2024 open-access article, Rees et al.'s "Yoga as an Adjunct Treatment to Manage Pain, Anxiety, Depression, and Stress During Hospital Stays: A Systematic Review." This review is positioned to direct future research and healthcare as clinical practice guidelines urge clinicians to eschew opioid prescribing and instead embrace nonpharmacological pain-management strategies. In this article, the authors establish a foundation of research to support the use of yoga to reduce pain, anxiety, stress, and depression during hospitalization. Although more research is needed to establish best practices and confirm the findings with more methodologically rigorous study designs, Dr. Taylor Rees and colleagues have laid solid groundwork on the utility of yoga within inpatient healthcare spaces.

Finally, we want to acknowledge that, as is true every year, the 2024 volume of *IJYT* would not be possible without the collective effort of countless dedicated individuals. We sincerely thank them all, including the authors who trusted us with their work; the yoga professionals who contributed to the design, implementation, and analysis of the interventions; and the peer reviewers who generously donated their time and expertise in dedication to yoga scholarship. Many thanks also to Editorial Board Members Lorenzo Cohen, Holger Cramer, Timothy McCall, Matthew Taylor, and Shirley Telles; Managing Editor Laurie Hyland Robertson; all the members of IAYT; and the yoga therapists, teachers, practitioners, and advocates who continue to dedicate themselves to IAYT's mission of advancing yoga therapy as a recognized health profession.



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



Sat Bir Singh Khalsa, PhD,  
Editor in Chief