

# Contents

<i>Editorial</i> by Kelly McGonigal, PhD .....	3
<b><i>Issues in Yoga Therapy</i></b>	
Yoga and Change: The Power of Partnership by Molly Lannon Kenny, MS-CCC, E-RYT .....	5
Training Issues in Yoga Therapy and Mental Health Treatment .....	7
by Bo Forbes, PsyD, E-RYT-500, Fiona Akhtar, MBA, RYT-200, and Laura Douglass, PhD	
Yoga, Public Health, and the Problem of Getting Noticed by Staffan Elgelid PhD, PT, GCFP .....	13
Mindfulness, Meditation, and Yoga: Competition or Collaboration? by Bidyut K. Bose, PhD .....	15
Thoughts on Legal and Ethical Concepts on the Professional Development of Ayurveda in the U.S. ....	17
by Wynn Werner	
<b><i>Research</i></b>	
Don't Put Yoga In a Small Box: The Challenges of Scientifically Studying Yoga .....	21
by Ananda Balayogi Bhavanani, MBBS, ADY	
Transforming Trauma: A Qualitative Feasibility Study of Integrative Restoration (iRest) Yoga Nidra .....	23
on Combat-Related Post-Traumatic Stress Disorder by L. Stankovic, MA, RYT	
Yoga for Women Living with Breast Cancer Related Arm Morbidity: Findings from an Exploratory Study .....	39
by Roanne Thomas, PhD and Rhona M. Shaw, PhD	
Influence of Hatha Yoga on Physical Activity Constraints, Physical Fitness, and Body Image of .....	49
Breast Cancer Survivors: A Pilot Study by Marieke Van Puymbroeck, PhD, CTRS,	
Arlene Schmid, PhD, OTR, Kimberly J. Shinew, PhD, and Pei-Chun Hsieh, PhD, CTRS	
The Impact of a Short-Term Iyengar Yoga Program on the Health and Well-Being of Physically Inactive .....	61
Older Adults by Juliane Vogler, MSc, Lily O'Hara, MPH, Jane Gregg, MHP, and Fiona Burnell, PhD	
Immediate Effect of Sukha Pranayama on Cardiovascular Variables in Patients with Hypertension .....	73
by Ananda Balayogi Bhavanani, MBBS,ADY, Zeena Sanjay, BNYS, and Madanmohan MD, MSc	
Yoga for Heart Failure Patients: A Feasibility Pilot Study with a Multiethnic Population .....	77
by Ai Kubo, PhD, Yun-Yi Hung, PhD, and Jeffrey Ritterman, MD	
Development of the Beliefs About Yoga Scale by Stephanie J. Sohl, PhD, Julie B. Schnur, PhD, .....	85
Leslie Daly, MS, Kathryn Suslov, MD, and Guy H. Montgomery, PhD	
<b><i>Yoga Therapy in Practice</i></b>	
This I Know for Sure by Judith Hanson Lasater, PhD, PT .....	93
Yoga Therapist, Heal Thyself: A Reflection on <i>Abimsa</i> and Service by Rob Schware, PhD .....	95
Mass Disasters and Mind-Body Solutions: Evidence and Field Insights .....	97
by Patricia L. Gerbarg, MD, Gretchen Wallace, and Richard P. Brown, MD	
A Protocol and Pilot Study for Managing Fibromyalgia with Yoga and Meditation .....	109
by Janet Hennard, MA, RYT-500	
Partner Yoga for Establishing Boundaries in Relationship: A Transpersonal Somatic Approach .....	123
by Amy Swart, MACP, RYT	
The Psychological Benefits of Yoga Practice for Older Adults: Evidence and Guidelines .....	131
by Kimberlee Bethany Bonura, PhD, RYT	

# Editorial

## One Small Step (at a Time) for the Journal, One Giant Step for Yoga Therapy

Kelly McGonigal, PhD

*Editor in Chief; Stanford University, CA*



In 2005, I took over the role of editor in chief for this journal. When the board of IAYT hired me, they gave me two goals: 1. Institute a peer review process. 2. Get the journal indexed in PubMed/MEDLINE, the world's leading database of scientific and medical journals.

The first, I knew we could do. The yoga therapy world is full of people with wide-ranging expertise and a willingness

to serve their profession. Whether we needed expert analysis of a pilot study or scholarly insight into the modern history of yoga, I believed our community would step up (and they did).

The second goal was a steeper challenge. One of the first things I did was schedule a call with a colleague who edited a medical journal. When I explained our goal, he told me flat out, “You’ll never do it.” The reasons were many: You won’t get quality submissions because you *aren’t* indexed. You don’t have the backing of a major medical publisher. The PubMed review board won’t take yoga therapy seriously.

His pessimism wasn’t completely unjustified. Some online sleuthing revealed that only 1 in 5 journals that underwent formal review were accepted. And before the journal could even be considered, we had to meet criteria we were nowhere near to meeting. Peer review was just one of these steps; others included everything from the acid-free paper we needed to print on, to the academic appointments of

our advisory board. Some we could simply make happen. For example, we started requiring authors to disclose funding sources, conflicts of interest, and measures taken to protect the rights and welfare of participants in any study. Others took time, or were out of our control. Case in point: We needed a reasonably high rejection rate for unsolicited manuscripts. That meant the journal had to receive significantly more submissions than we were able to publish, and we couldn’t just ask our friends and colleagues to submit something. We had to get the word out, and keep our fingers crossed.

Over the last six years, we worked hard to meet each requirement. And by “we,” I don’t mean the royal we—I mean *you*. Those who served on the editorial board or as peer reviewers. Those who submitted manuscripts (yes, even if your article was rejected). Those who painstakingly revised their manuscripts in response to peer reviews, lifting the quality of the journal for all of us. The management and board of IAYT, for supporting the journal. Anyone who advertised on these pages. And everyone who worked on and contributed to the journal before IAYT set this goal, giving us the foundation to build on.

I’m proud to say that the *International Journal of Yoga Therapy* is now indexed on PubMed/MEDLINE, beginning with this issue. The celebration isn’t just because we met an important goal, but because your work will reach a broader audience. The pages of this journal are filled with both science and wisdom, and they deserve to be read. So congratulations, and please, keep it coming! I look forward to working with more editors, reviewers, and authors in the coming year. See the submission guidelines at the back of this journal for how you can contribute.