

## Special Issue

# Yoga: A Window to Embodied Theology and Spirituality

### Message from the Guest Editor

While many Christian churches are emptying, yoga studios are filling up. Why? What does yoga offer that is lacking in church? Grappling with this question could provide guidance and insights for deepening understandings of embodied spirituality and embodied theology. This conversation could offer revisions for thinking about God with our attention to our bodies, enrich the practice of yoga, and offer churches possible venues for connecting with a broader range of participants. The question I pose is the following: In what ways can yoga provide insights, tools, and practices as well as an example, and even as a paradigm, for embodied, integrated spirituality and an embodied, integrated theology to match? Proposals for essays addressing this issue are welcome. Areas of focus might include embodied theology for embodied spirituality; practical theology of breath and spirit; trauma, yoga, and theology; and other creative approaches. Keywords:

- Yoga
- Theology
- Embodiment
- Body
- Spirituality
- Well-being

---

### Guest Editor

Dr. Helene T. Russell

Christian Theological Seminary, Indianapolis, IN 46208, USA

---

### Deadline for manuscript submissions

closed (15 February 2022)



## Religions

---

an Open Access Journal  
by MDPI

---

Impact Factor 0.6  
CiteScore 1.3



[mdpi.com/si/55184](https://mdpi.com/si/55184)

*Religions*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[religions@mdpi.com](mailto:religions@mdpi.com)

[mdpi.com/journal/  
religions](https://mdpi.com/journal/religions)





# Religions

---

an Open Access Journal  
by MDPI

---

Impact Factor 0.6  
CiteScore 1.3



[mdpi.com/journal/  
religions](https://mdpi.com/journal/religions)



## About the Journal

### Message from the Editorial Board

Fresh developments in the disciplines that consistently make significant contributions to our understanding of religious personality, authority, devotion, and community – disciplines ranging from psychology, sociology, and anthropology to history, art history, philosophy, literary criticism, and political science – fuel general, as well as scholarly, interest in the world's religions.

*Religions* is inviting innovative and comparative contributions. Please consider Religions as an exceptional, exciting enterprise ready to reward your trust, attention, and participation.

---

### Editors-in-Chief

Prof. Dr. Arndt Büssing

Professorship Quality of Life, Spirituality and Coping, Faculty of Health,  
Witten/Herdecke University, Gerhard-Kienle-Weg 4, 58313 Herdecke,  
Germany

Prof. Dr. Klaus Baumann

Caritaswissenschaft und Christliche Sozialarbeit, Theologische  
Fakultät, Albert-Ludwigs-Universität Freiburg, Platz der Universität 3, D-  
79098 Freiburg, Germany

---

### Author Benefits

#### High Visibility:

indexed within Scopus, AHCI (Web of Science), ATLA Religion Database, Religious and Theological Abstracts, and other databases.

#### Journal Rank:

CiteScore – Q1 (Religious Studies)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 25.4 days after submission; acceptance to publication is undertaken in 4.5 days (median values for papers published in this journal in the first half of 2025).