



Yoga: A Window to Embodied Theology and Spirituality

Guest Editor:

Dr. Helene T. Russell

Christian Theological Seminary,
Indianapolis, IN 46208, USA

Deadline for manuscript
submissions:

closed (15 February 2022)

Message from the Guest Editor

Dear Colleagues,

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



mdpi.com/si/55184

Dr. Helene T. Russell
Guest Editor

Special Issue



an Open Access Journal by MDPI

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

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.

Author Benefits

Open Access: free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

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*)

Contact Us

Religions Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/religions
religions@mdpi.com
[X@Religions_MDPI](#)