



Cathryn Booth LaForce

Executive Editor
Journal of Yoga & Physical Therapy

Biography

- Dr. Cathryn Booth-LaForce is the Charles and Gerda Spence Professor of Nursing at the University of Washington in Seattle, Washington, USA.
- Her PhD. is in the field of experimental psychology, and her current work focuses on yoga as a treatment for menopausal symptoms.
- Her areas of expertise include the science of yoga more generally, the psychological and physiological effects of yoga, effects of Ayurvedic treatments, and other CAM modalities.
- She is a Registered Yoga Teacher and a member of the International Association of Yoga Therapists.

Research Interest

Psychological and physiological effects of yoga practice.

Recent Publications

- Newton KM, Reed SD, Guthrie KA, Sherman KJ, Booth-LaForce C, Caan B, Sternfeld B, Carpenter JS, Learman LA, Freeman EW, Cohen LS, Joffe H, Anderson GL, Larson JC, Hunt JR, Ensrud KE, LaCroix AZ. Efficacy of yoga for vasomotor symptoms: a randomized controlled trial. *Menopause*. 2014;21(4):339-346. doi: 10.1097/GME.0b013e31829e4baa
- Reed SD, Guthrie KA, Newton KM, Anderson GL, Booth-LaForce C, Caan B, Carpenter JS, Cohen LS, Dunn AL, Ensrud KE, Freeman EW, Hunt JR, Joffe H, Larson JC, Learman LA, Rothenberg R, Seguin RA, Sherman KJ, Sternfeld BS, LaCroix AZ. *Am J Obstet Gynecol*. 2014;210(3):244.e1-11. doi: 10.1016/j.ajog.2013.11.016.

Yoga practice

- Yoga is a physical, mental, and spiritual practice or discipline, that aims to transform body and mind. The term denotes a variety of schools, practices and goals in Hinduism, Buddhism (including Vajrayana and Tibetan Buddhism) and Jainism, the best-known being Hatha yoga and Raja yoga.



Yoga practice

- The term yoga is derived from the literal meaning of "yoking together" a span of horses or oxen, but came to be applied to the "yoking" of mind and body. The origins of Yoga have been speculated to date back to pre-vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in the same ascetic circles as the early sramana movements.



Yoga practice

- The earliest accounts of yoga-practices are in the Buddhist Nikayas. Parallel developments were recorded around 400 CE in the Yoga Sutras of Patanjali, which combines pre-philosophical speculations and diverse ascetic practices of the first millennium BCE with Samkhya-philosophy. Hatha yoga emerged from tantra by the turn of the first millennium.



Yoga practice

- Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. This form of yoga is often called Hatha yoga.



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- Yoga practice,
- Clinical Toxicology,
- Forensic Medicine
- Physical exercise
- Physical therapy



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