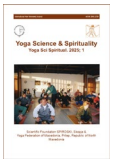
Scientific Foundation SPIROSKI, Skopje, Republic of North Macedonia
Yoga Science & Spirituality. 2025 Dec 10; 1:1-2.
https://doi.org/10.3889/yss.2025.6605
eISSN: 2955-2729
Category: *Yoga and Spirituality*
Section: *Editorial*



New Electronic Journal Yoga Science & Spirituality

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Citation: Hassanagas PK. New Electronic Journal Yoga Science & Spirituality. Yoga Sci Spiritual. 2025 Dec 15; 1:1-2. https://doi.org/10.3889/yss.2025.6605
Keywords: Yoga; Scientific Yoga; Spirituality; Integrative Medicine; Yama; Niyama; Holistic Therapies; Yoga Research
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Received: 06-Nov-2025
Revised: 01-Dec-2025
Accepted: 05-Dec-2025
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Funding: This research did not receive any financial support
Competing Interests: The authors have declared that no competing interests exist

Abstract

BACKGROUND: Yoga Science & Spirituality is launched to deepen public understanding of scientific yoga and its spiritual dimensions. Modern yoga's popularity has grown, yet its traditional foundations and identity are increasingly diluted.

AIM: To present scientific research on yoga's therapeutic, educational, and spiritual potential, reinforce core yogic principles, and honor contributors to the field of Scientific Yoga.

METHODS: The journal gathers and disseminates studies by yoga researchers and teachers, integrates perspectives from holistic disciplines, and documents historical and contemporary contributions to Scientific Yoga.

RESULTS: Growing scientific interest reveals yoga's measurable psycho-physical and spiritual benefits. The journal provides a platform for evidence-based insights while promoting the preservation of yoga's original principles, including Yama and Niyama.

CONCLUSION: By combining scientific inquiry with traditional yogic values, the journal aims to safeguard yoga's authentic essence and highlight its cultural and civilizational significance.

Dear Reader,

It is my pleasure to present to you the inaugural issue of the electronic journal Yoga Science & Spirituality. This journal is an attempt to create and expand the culture of yoga, especially Scientific Yoga and its spiritual component, in order to make it more understandable to a wider audience.

Our intention is to bring forward the work of yoga researchers and teachers, to share their scientific studies, and to shed light on the phenomenon of yoga. We seek to highlight the therapeutic potential of yoga and its growing role in the integrative processes of modern medicine. In addition, we hope to open a window toward other holistic therapeutic disciplines such as Ayurveda, Bach essences, herbal medicine, homeopathy, and more.

Half a century ago, we were still struggling in the West—particularly in the eastern part of the Western world—to justify the image and legitimacy of yoga. Although much has changed since then, we continue to encounter prejudice, criticism, and negativity even today.

In the meantime, many things have indeed changed, and one of them is yoga itself. Today we are witnessing a paradox: a discipline once regarded as a secret science, accessible only to a select few initiates, has now become widespread and enjoys remarkable popularity.This is one side of the picture.On the other hand, the once strict rules governing learning, teachers, and students have almost disappeared, bringing yoga to a point where its true identity is often questioned. To prevent yoga from losing its original essence, as outlined by Reishi Patanjali and other traditional texts, we must return to the core principles of Yama and Niyama—often overlooked by modern instructors. Both teachers and students need to recognize Yoga as a holistic educational system for the body, mind, and spirit.

Science, which previously approached yoga with considerable reservation, has in recent years begun to show a deep and objective interest in uncovering its hidden therapeutic, educational, and

spiritual potentials. In everyday life, it is not what we think, assume, or believe that matters. The truth is something entirely different, and the path to it is not always easy or quick. One way is through the direct practice of Yoga itself—when a person engages in it and experiences the results on a psycho-physical and spiritual level, it becomes a lived truth. The other way is through science, which, with its modern capabilities and instruments, enables us to see what Yoga is truly capable of achieving within the human being.

Alongside the publication of scientific research, this journal takes upon itself the task of preserving the memory of individuals—both past and present—who have contributed to the field of Scientific Yoga, and to offer them the recognition they deserve.

Spirituality stands prominently in the title of this journal because we acknowledge its immense civilizational value and its essential role—past, present, and future—in shaping the cultural development of our world. From a scientific perspective, spirituality represents the frontier at the margins of human knowledge—still undiscovered, still undecoded.

This electronic journal traces its roots to the modest internal Yoga Bulletin of the Yoga Society Skopje, first published in January 1983. Over time, that bulletin evolved into a brochure and eventually a regular magazine.

I would like to wish all members of the new editorial board great success in fulfilling their tasks.

I would also like to express my heartfelt gratitude to Prof. Dr. Mirko Spiroski for his initiative and support in making this publication possible.

At the end of one year and the beginning of another, I would like to wish you:

Happy New Year! Success in your professional activities, good health and harmony in your family life, and a joyful path in science and yoga!

Pavlos K. Hassanagas,

Editor-in-Chief,
Yoga Science & Spirituality