Sat Bir Singh Khalsa, Ph.D. has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health since 2001. He has also been personally involved in the practice of a yoga lifestyle since 1971.

He is currently the Director of Research for the Kundalini Research Institute, Research Director for the Kripalu Center for Yoga & Health, and Research Associate at the Benson Henry Institute for Mind Body Medicine, and an Assistant Professor of Medicine at Harvard Medical School in the Department of Medicine at Brigham and Women's Hospital in Boston.

He has conducted clinical research trials evaluating a yoga treatment for insomnia, post-traumatic stress disorder, and anxiety disorders. At the center of his interest, is an evaluation of yoga within the academic curriculum of public schools to determine the benefits to students in mental health.

Dr. Khalsa works with the International Association of Yoga Therapists to promote research on yoga therapy, serving as the scientific coordinator for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He is the author of the Harvard Medical School ebook entitled Your Brain on Yoga, and is chief editor of an upcoming professional-level textbook entitled The Principles and Practice of Yoga in Health Care. Since 2005 he has also been teaching an elective course at Harvard Medical School in mind-body medicine.