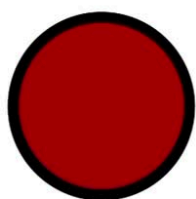




NOVEMBER 2024

NEWSLETTER #4

## A tool for accessibility



### Inhale

### ACCESSIBLE KUNDALINI YOGA PRACTICE VIDEOS: A NEW TOOL FOR INCLUSIVITY

In our European project, we are not stopping at in-person practice: we are also creating accessible Kundalini Yoga videos to make this discipline even more inclusive for everyone.

This new tool is part of our ongoing commitment to ensuring that Kundalini Yoga becomes a practice accessible beyond the classroom, allowing anyone to follow sessions independently.

### CONTENT DESIGNED FOR EVERYONE

The creation of these videos is an opportunity to rethink how Kundalini Yoga is taught. Together with accessibility experts, a Kundalini Yoga teacher, and members of the Deaf community, we have developed a format that ensures clear visual instructions, the use of subtitles, and sign language interpreters (LIS) for every practice sequence. Each video is designed to be easily understandable, regardless of the viewer's language or communication abilities.

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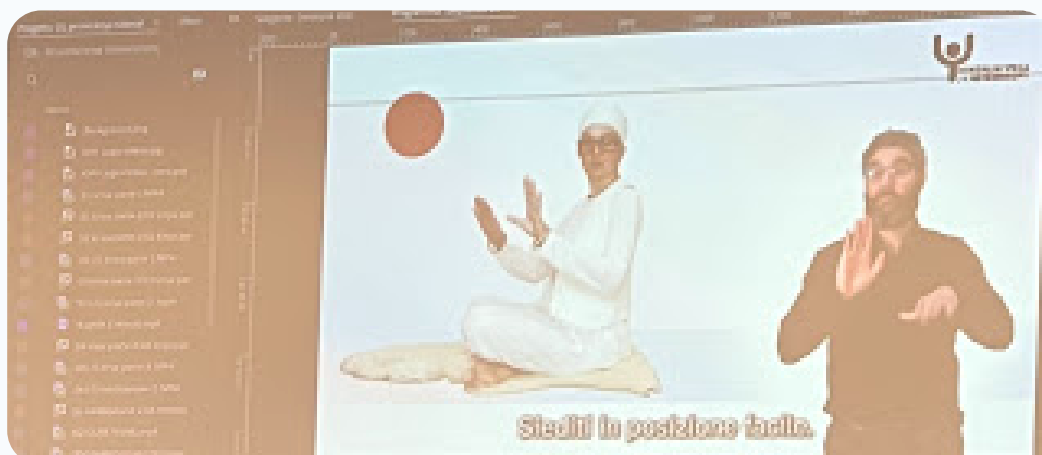
# Get involved the deaf community in the creation process

A key element in the creation of these videos has been the active involvement of the Deaf community. Throughout the process, community members had the opportunity to test the videos, provide feedback, and suggest improvements. This approach ensured that the content is truly relevant, respectful of the community's needs, and effective in supporting an accessible and inclusive Yoga practice.



The digital accessibility of these videos represents a true opportunity to overcome geographical and physical barriers. Deaf people, wherever they are, will be able to access Kundalini Yoga classes independently, improving their mental, physical, and spiritual well-being. This is just another step toward building a global Yoga practice that embraces and includes everyone.

In the coming months, we will continue working on the creation of new videos and the dissemination of this content. Accessible videos will become a key pillar of our project, with the goal of continually expanding our offerings for deaf people and for anyone seeking an inclusive and accessible Kundalini Yoga practice.

**Next Step**SECOND PRACTICE OF  
YOGA KUNDALINI IN  
MADRID