

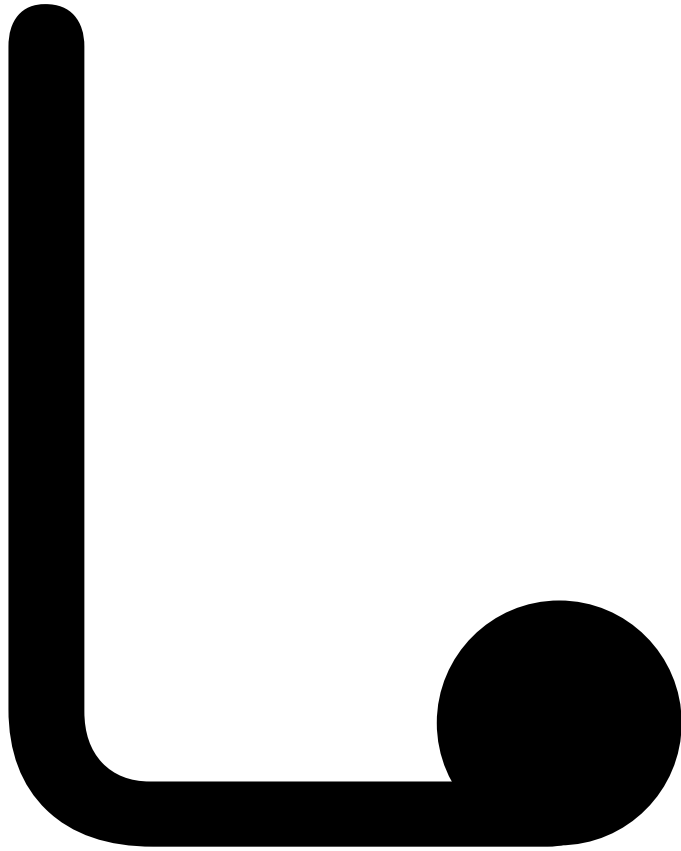
ALL FOR EVERYONE

GUIDE
LINES

KUNDALINI YOGA and ACCESSIBILITY

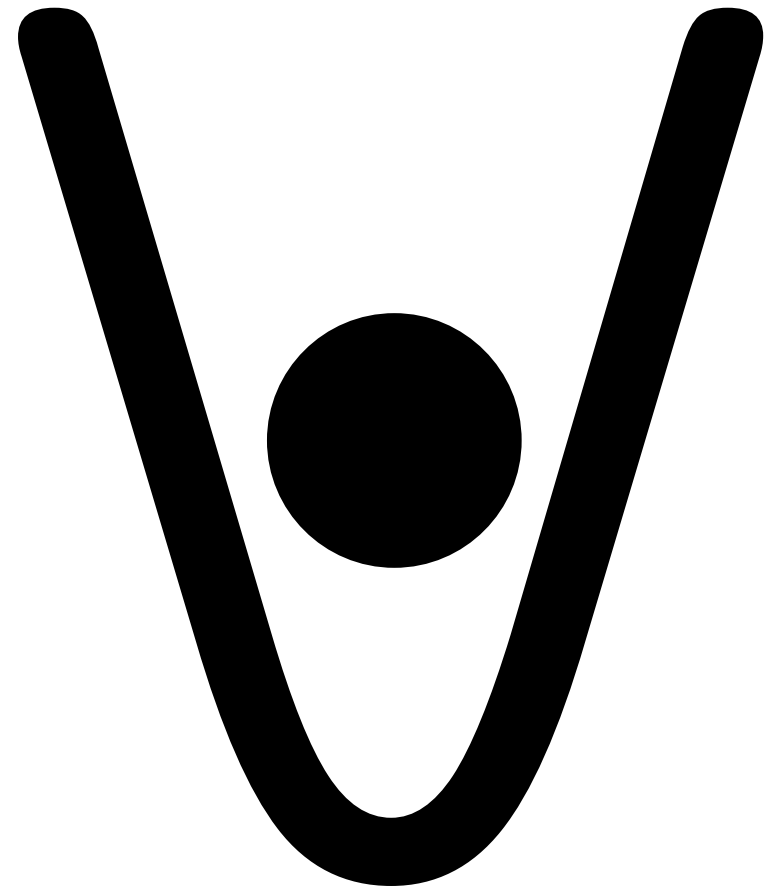
Main Objective

The tangible outcome of the All for Everyone project is the development of operational guidelines to make Kundalini Yoga teachings accessible to deaf individuals.



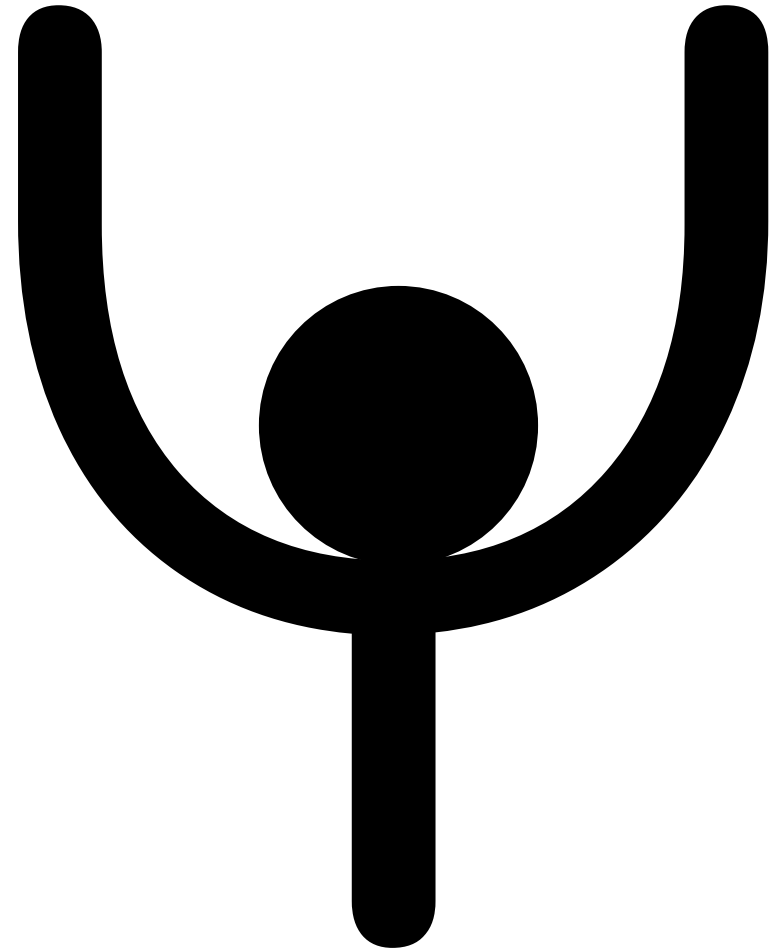
Foreword

These guidelines are the result of the experience gained through the European project All for Everyone, which involved partners from Italy, Spain, and Lithuania. Their goal is to provide Kundalini Yoga teachers with practical tools and greater awareness to create inclusive and accessible environments for deaf people, emphasizing listening, co-design, and direct experimentation. They also offer clear indications on how to address the diverse communicative, sensory, and cultural needs of participants. This project, as a first step toward a broader vision, focused on people who are deaf or hard of hearing.



1. Key Principles of Accessibility

- Active inclusion: The deaf person is not a passive recipient but an integral part of the group and the practice.
- Equal dignity and well-being: every body has the right to experience yoga, in respect of their communicative and sensory modalities.
- Effective visual communication: every instruction must be understandable without relying on hearing.



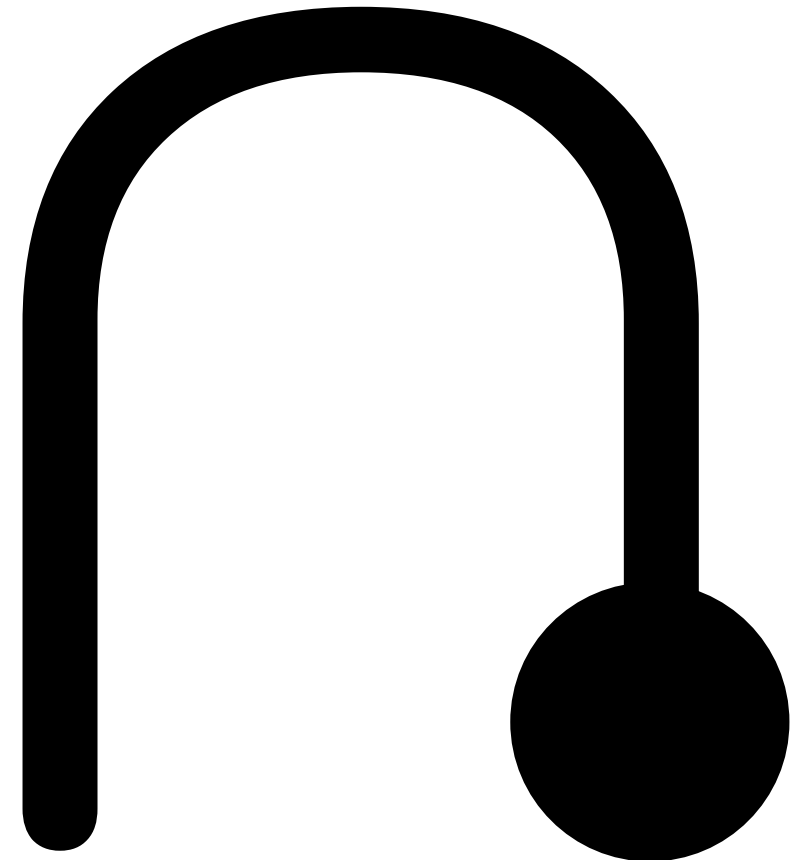
2. Accessible Communication in Practice

a. Preparation

- Provide a short written or visual description of the sequence in advance.
- Set up a calm, well-lit environment, free from visual distractions.

b. During the Class

- Use sign language interpreters (LIS or the national equivalent) whenever possible.
- Ensure the teacher remains visible at all times and maintains visual contact.
- Use coded gestures, visual signage, and images to support complex instructions.
- Avoid speaking during movements; prefer explaining before or after the execution.



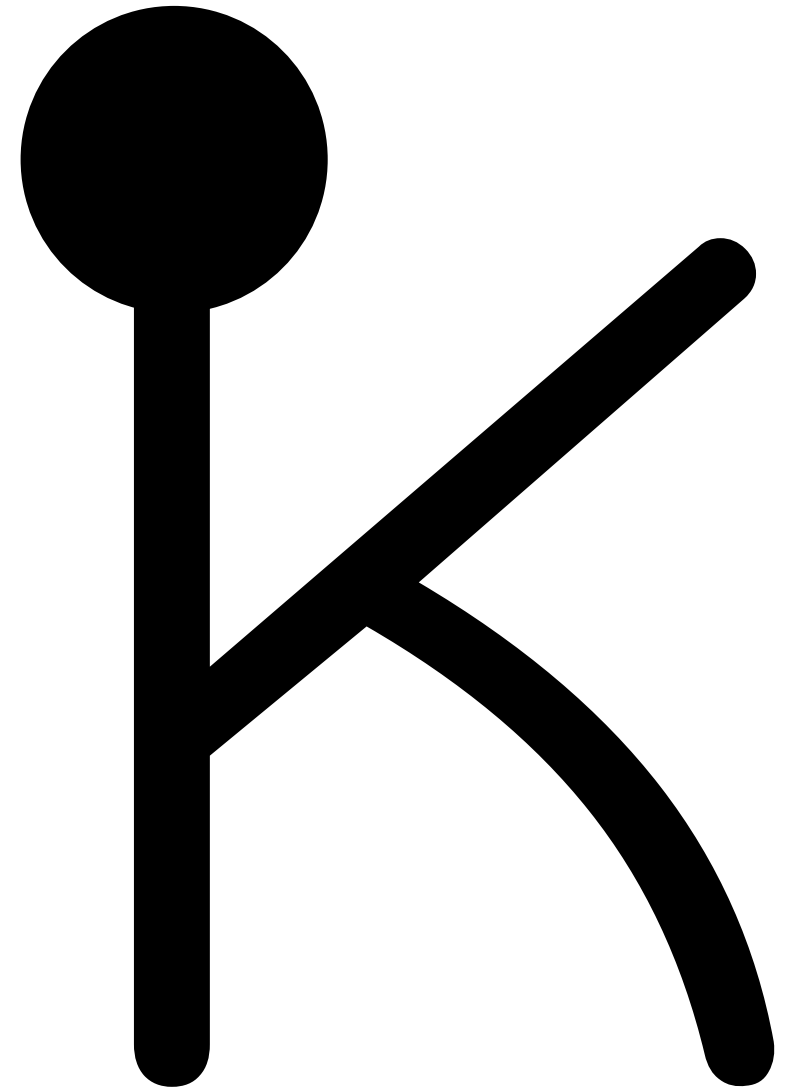
3. Adapting the Content ^{1/2}

a. Mantras and sound

- Allow participants to view mantras through visual aids that accompany pronunciation, enabling deaf individuals to either vocalize or produce a tonguebased vibration.
- In this case, visual soundtracks have been created—like karaoke—that guide pronunciation.

b. Breathwork (Pranayama)

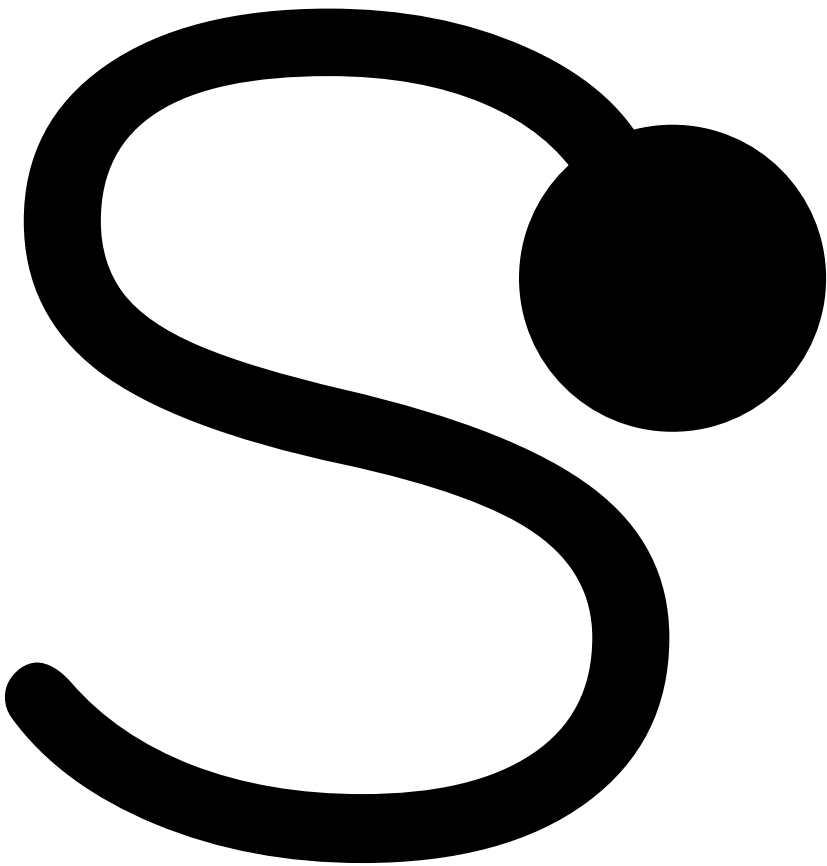
- Represent the rhythm of the breath through visual elements.
- Use visual aids to indicate inhalation, exhalation, and holds.
- Colored circles have been designed to expand and contract in sync with breathing rhythms.



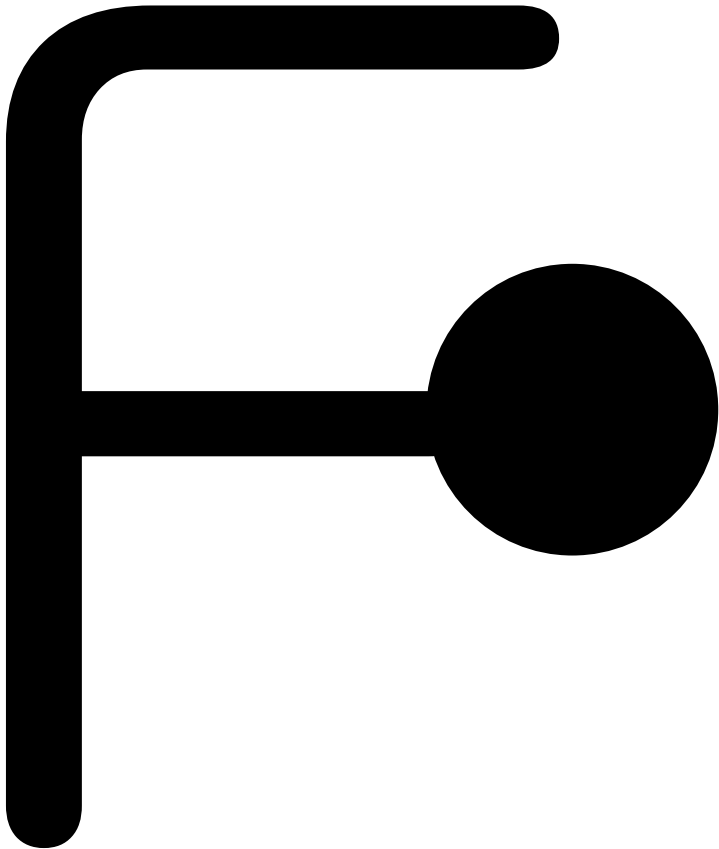
3. Adapting the Content ^{2/2}

c. Meditation and Relaxation

- Provide clear, simplified instructions before meditation begins.
- Offer guided meditations via videos with subtitles and sign language.
- To allow deaf individuals to fully relax, trust the practice, and close their eyes during meditative or relaxation moments, a soft scarf touch is used to signal the end of these sessions.



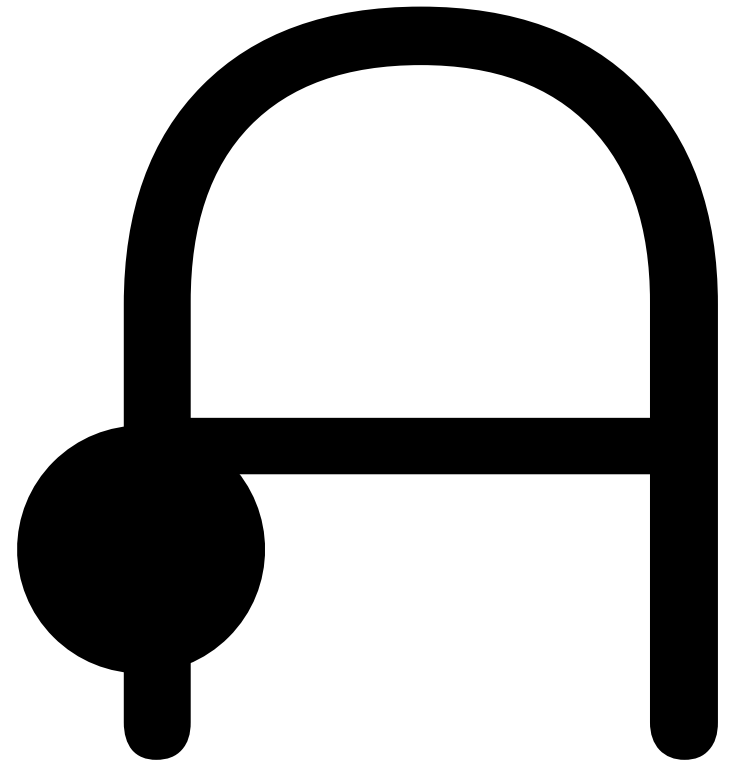
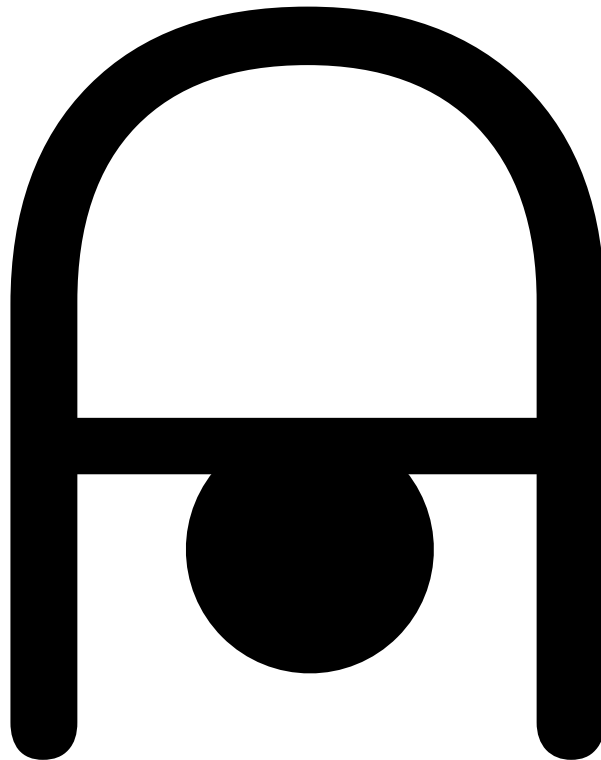
4. Accessible Materials and Tools



- Accessible videos featuring LIS interpreters, clear subtitles, and structured visuals.
- Visual supports such as:
 - Colored circles for breath guidance
 - Visual soundtracks for mantras
 - Explicit timing indicators

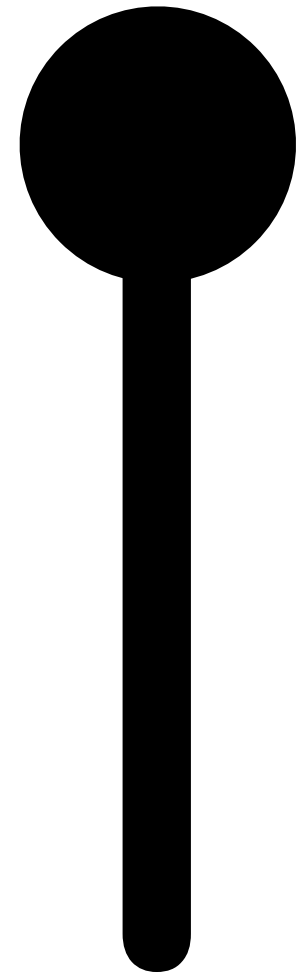
5. Class Structure

- Allow for a suitable duration to ensure understanding, observation, and imitation.
- Always clearly introduce the objectives of the practice.
- Ensure visual aids are always available throughout the session.



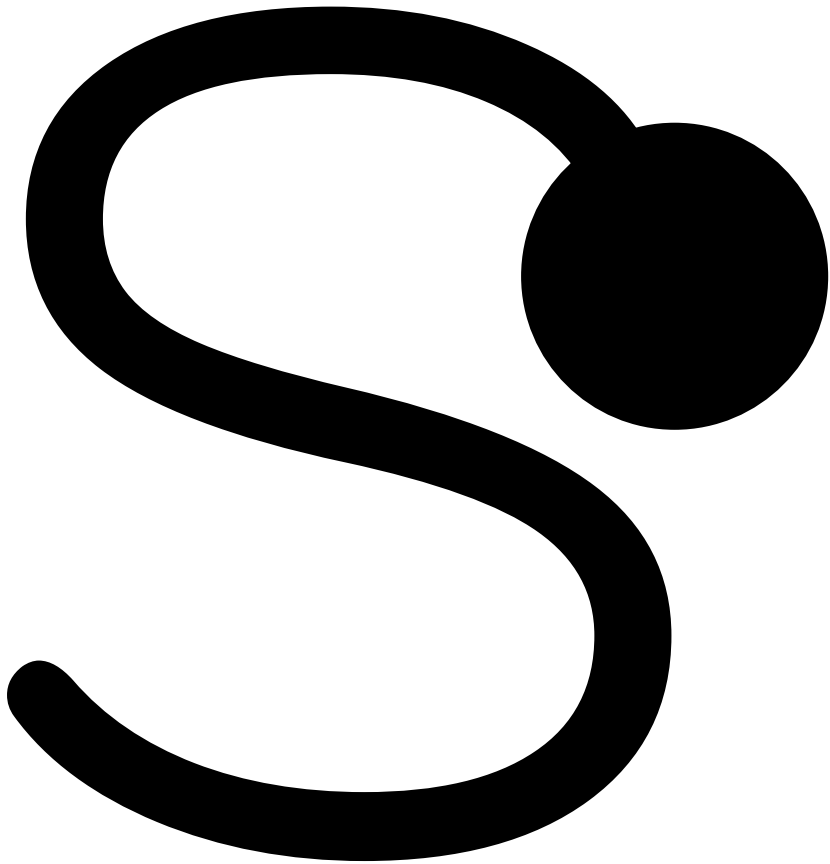
6. Teacher Training and Awareness

- Teachers should receive basic training on deaf culture and accessibility.
- Collaborate with deaf educators or accessibility experts to improve teaching quality.
- Promote an attitude of active listening, humility, and continuous adaptation.



7. Involving the Deaf Community

- Co-design classes with deaf individuals or deaf educators.
- Collect regular feedbacks to improve materials and approaches.
- Offer long-term training opportunities for deaf teachers.



Conclusion

Accessibility is not an optional extra, it is a way to enrich the quality of practice for everyone.

These guidelines are a first step toward a more open and conscious Kundalini Yoga that welcomes all forms of diversity as a resource.

