



SEPTEMBER 2024

NEWSLETTER #2

Listen before acting

What does the Deaf Community know about Kundalini Yoga?

The survey conducted in Madrid

Before creating inclusive pathways, it is essential to understand the real needs of the people we aim to serve. It is from this belief that the survey conducted by the *Instituto Hispano Americano de la Palabra* in Madrid was born, dedicated to exploring the level of knowledge and interest in Kundalini Yoga within the deaf community.

Question 1: How familiar are you with the practice of yoga?"



ONE SURVEY, MANY VOICES

Through the administration of an accessible questionnaire in sign language, the institute engaged a wide sample of deaf individuals of various ages and backgrounds. The questions covered a range of topics: knowledge of yoga, perceptions of physical and mental well-being, barriers encountered in educational and sports contexts, and interest in new personal growth experiences.

Question 2: Have you ever practiced yoga before?"



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Understanding the interest and needs of the deaf community towards yoga

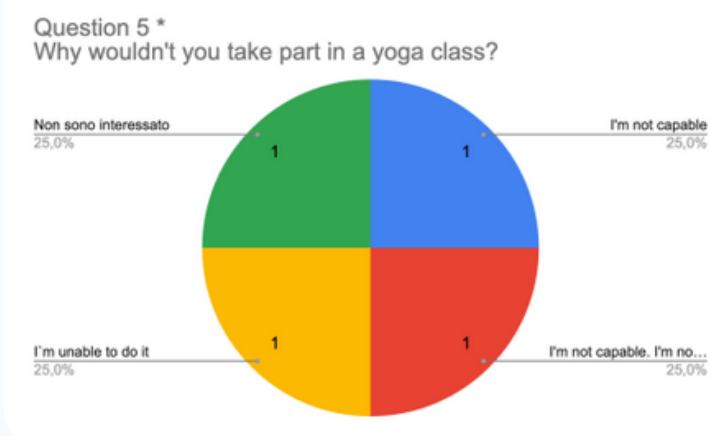
THE RESULTS: INTEREST AND DESIRE TO PARTICIPATE

The survey revealed a clear finding: the majority of deaf individuals involved have never had the opportunity to practice Kundalini Yoga, primarily due to the lack of accessible teachers or adapted classes. However, the interest in this practice is very high, especially for its benefits on mental and spiritual well-being.

Many expressed a desire to explore meditation, breathing, and mindful movement, since they are guided by teachers who are trained and attentive to their communication needs.



"Question 5 *: Why wouldn't you take part in a yoga class? "



A PRECIOUS STEP TO BUILD THE PROJECT

The results of the survey will guide all subsequent activities: from the design of accessible materials, to the organization of classes, and the drafting of guidelines for teachers. Listening to the deaf community is not just an initial step, but a cornerstone of our inclusive approach.

In the next newsletter, we will take you to Lithuania, where the first accessible Kundalini Yoga practice with deaf participants will take place.

Next Step

FIRST PRACTICE OF
YOGA KUNDALINI