



**Virtual Survey on yoga knowledge in the
deaf community**



Introduction

This survey was conducted prior to the initial mobility practice. Its primary goal was to collect information from the deaf community across the participating countries. The insights gathered were intended to identify needs and levels of knowledge, which would help in developing the most effective materials and activities for the project.

Participating Countries and Survey Languages

- **Italy:** Italian & LIS (Italian Sign Language)
- **Spain:** Spanish & LSE (Spanish Sign Language)
- **Lithuania:** Lithuanian & LSL (Lithuanian Sign Language)
- **International Sign Language:** English & ISL

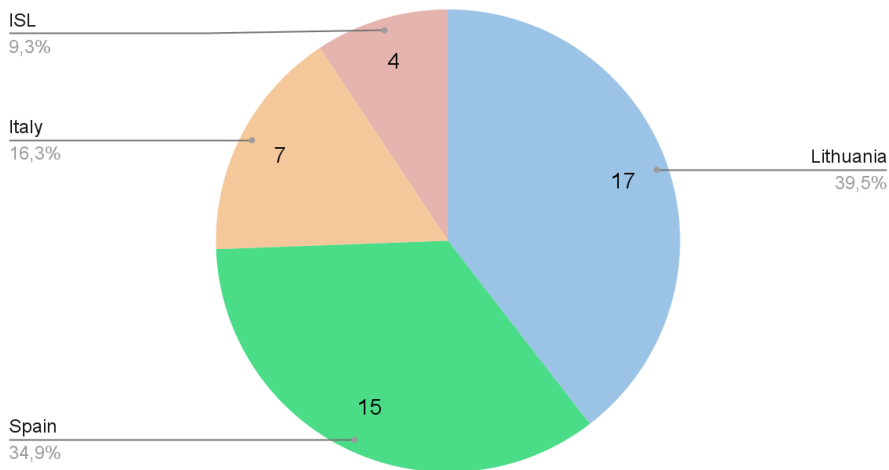
Number of Participants

The survey reached a total of 43 deaf individuals. The quantitative goal was to engage 45 participants within the consortium.

SURVEY QUESTIONS

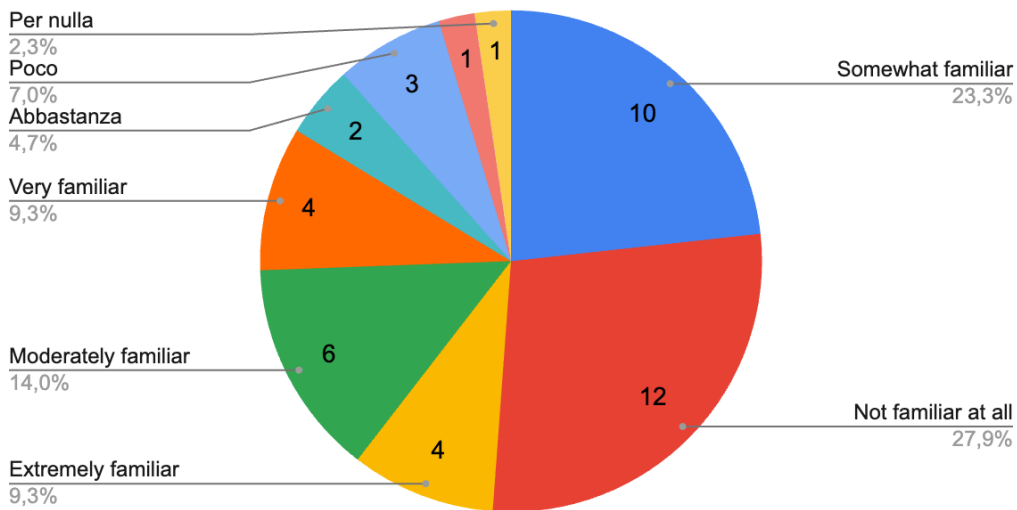
Question 0: Where are you from? City and country

Participants



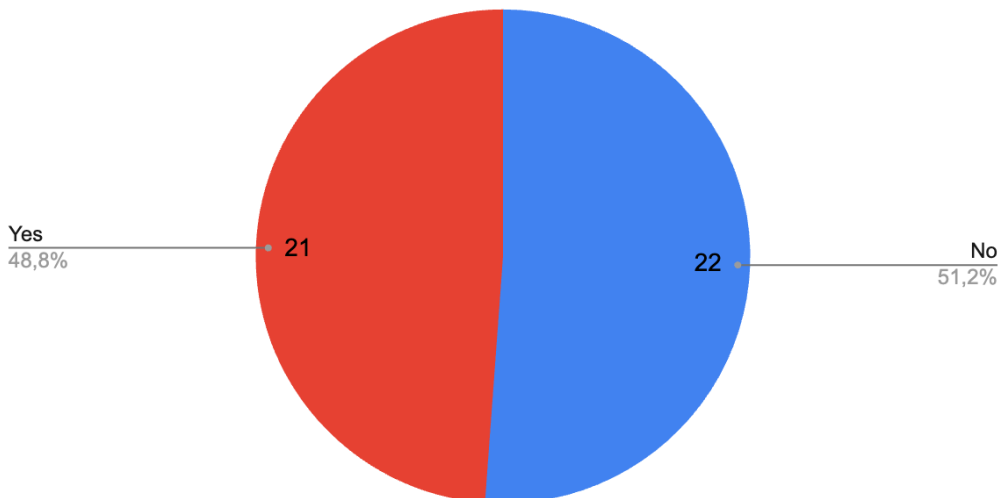
"Question 1: How familiar are you with the practice of yoga?"

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



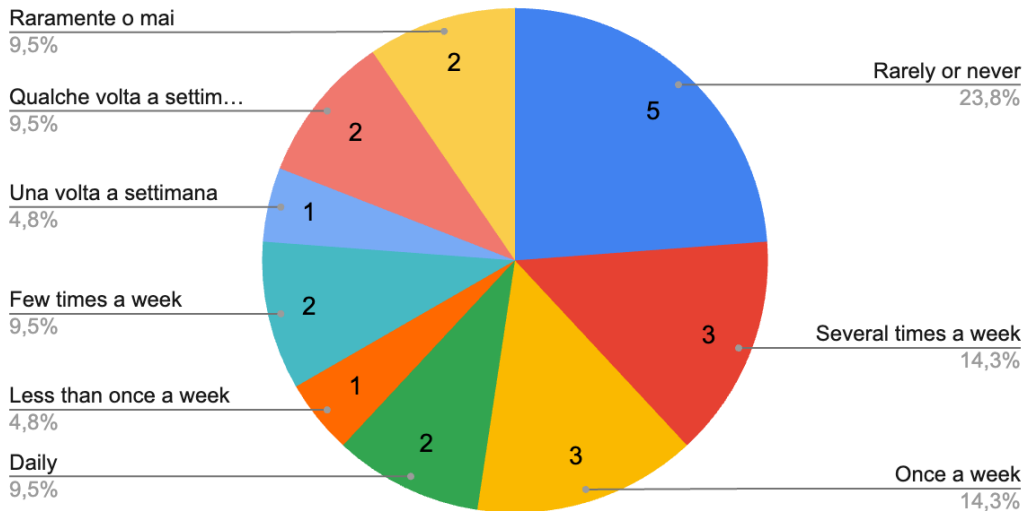
"Question 2: Have you ever practiced yoga before?"

Question 2
Have you ever practiced yoga before?



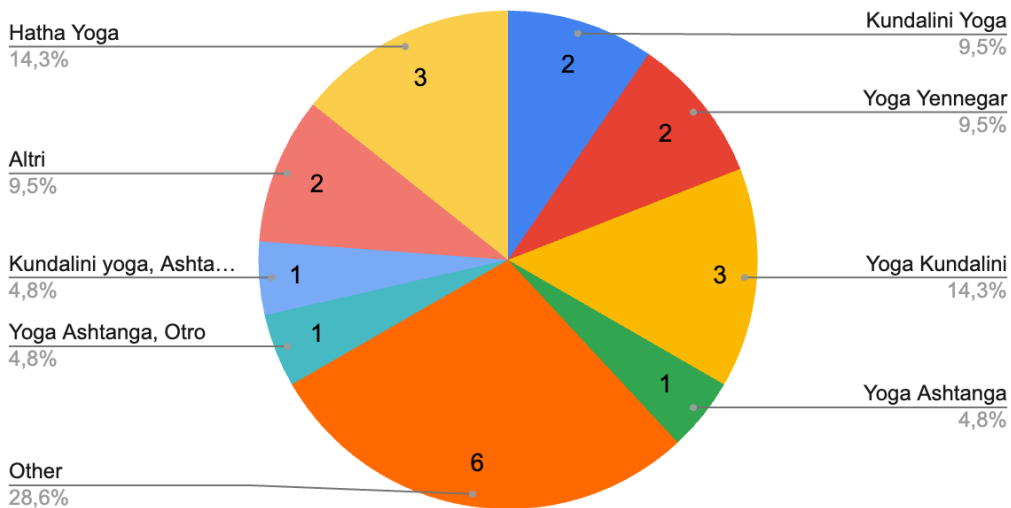
"Question 3: How often do you practice yoga?"

Question 3 How often do you practice yoga?



"Question 4: Which kind of yoga have you practiced?"

Question 4 Which kind of yoga have you practiced?





"Question 5: What motivated you to start practicing yoga?"

Participants were motivated to start practicing yoga for various reasons, including recommendations from friends, improving physical health, and managing stress. Some sought to enhance body posture, breathing, and flexibility, while others aimed to address specific health concerns like cervical issues or recovery from muscle loss due to COVID-19 confinement. Mental health benefits, such as reducing anxiety and promoting relaxation, were also significant motivators. Several participants highlighted yoga's ability to relieve muscle aches, maintain flexibility, and promote a healthy lifestyle, with some noting the added benefit of accessibility through their interpreter.

"Question 6: What benefits, if any, have you experienced from practicing yoga?"

Participants reported a variety of benefits from practicing yoga, both physical and mental. These included improved mental well-being, relaxation, and stress relief. Many highlighted increased flexibility, strength, mobility, and body awareness. Yoga helped with breathing techniques, concentration, and reducing tension. Some experienced improvements in self-esteem, discipline, and overall health, including relief from menopause and thyroid issues. A few noted better posture and joint fluidity. However, one participant mentioned no benefits due to a lack of accessibility, while another felt a communication barrier during sessions.

"Question 7: What challenges, if any, have you encountered while practicing yoga, particularly as a deaf individual?"

Deaf participants faced several challenges while practicing yoga, primarily around communication. Many mentioned difficulties following instructions when teachers lacked knowledge of sign language, making it hard to understand posture transitions, breathing techniques, and mantras. Some highlighted the challenge of needing to keep their eyes open to follow instructions or missing out when asked to close them. Deafblind participants required visual adaptations, like high contrast on screens. Others found no issues when the teacher knew sign language, and a few noted the challenge of following yoga practices designed for hearing people, especially during meditation and asanas.



KUNDALINI YOGA
and **ACCESSIBILITY**

"Question 8: How do you prefer to receive information about yoga (e.g., written materials, videos, in-person instruction, through Sign Language)?"

Participants expressed a strong preference for receiving yoga information through sign language, either in-person or via videos. Many emphasized the importance of having a teacher fluent in sign language, ideally a deaf instructor. Written materials and explanatory videos in sign language were also commonly requested, as they allow for independent learning and repetition of exercises. Some preferred in-person instruction for its direct interaction, while others found a combination of live instruction and video resources to be the most beneficial. Written materials and videos were seen as valuable supplementary resources to in-person sessions.

"Question 9: What resources or support do you currently have access to for practicing yoga?"

Participants indicated a variety of resources and support for practicing yoga. Some have access to a sign language-speaking teacher, while others rely on online resources such as YouTube or saved videos from previous classes. Several participants mentioned they currently do not have access to any specific resources or support. A few have access to specialized tools like mats, ropes, blocks, and blankets. Some also mentioned using platforms like Deaf Global Meditation and Deafhoodyoga for guidance. Others expressed a lack of available support or resources at the moment.

"Question 10: What modifications or accommodations would enhance accessibility to yoga for the deaf community?"

Participants suggested several modifications to enhance accessibility to yoga for the deaf community. Key suggestions include:

- Providing yoga instruction in sign language, either from a deaf teacher or one fluent in sign language.
- Offering guided videos in sign language with written text for meditation, mantras, and explanations of postures.
- Using visual aids like large screens for clear visibility of instructions and pre-recorded demonstrations.



- Adapting the practice to include vibration rhythm or tactile cues for better engagement.
- Ensuring sequential explanations before practicing postures to avoid interruptions.
- Encouraging more deaf instructors to teach yoga, making the practice more inclusive and accessible.

These accommodations would create a more supportive and inclusive environment for deaf individuals in yoga practice.

"Question 11: Have you faced any barriers in accessing yoga classes or resources due to your deafness? If yes, which ones?"

Many participants reported facing barriers in accessing yoga classes due to their deafness. Key challenges include:

- Difficulty in understanding instructions when the teacher doesn't know sign language.
- Reliance on family members or interpreters to explain postures and instructions during classes.
- Challenges in group classes with hearing people, such as needing to constantly look around, causing stress and reduced participation.
- Struggles with following instructions when eyes need to be closed or when the teacher speaks softly or quickly.

However, some participants who had deaf instructors or accessible environments reported no barriers, emphasizing the importance of inclusive teaching methods.

"Question 12: How do you believe yoga can contribute to your overall well-being?"

Many participants believe that yoga positively contributes to their overall well-being. Common benefits mentioned include:

- Reduced stress and anxiety.
- Improved flexibility, muscle stretching, and physical well-being.
- Enhanced mental calmness and better breathing through meditation.



- Stronger interpersonal relationships and connection within the deaf community.
- Greater independence and self-awareness, both individually and within the community.
- Yoga also promotes mental and spiritual balance, concentration, and overall health.

A few participants were unsure of yoga's impact on their well-being.

"Question 13: Can you suggest any strategies or recommendations for improving the accessibility of yoga for deaf individuals?"

Participants suggested several strategies to improve the accessibility of yoga for deaf individuals:

- Incorporate sign language in all classes, and employ deaf yoga instructors or those fluent in sign language.
- Provide a large space with good visibility for everyone to see instructions clearly.
- Use visual aids, such as lights or tactile cues (e.g., vibrations or a gentle touch with a scarf) to signal transitions or guide breathing techniques.
- Structure classes with a clear separation between theory and practice to allow for better understanding and engagement.
- Include video resources in sign language, and use tactile or sensory elements to enhance experiences, such as feeling vibrations for mantras.

"Question 14: Is there any additional information or feedback you would like to share regarding your experiences with yoga and psycho-physical well-being as a deaf individual?"

Many participants emphasized the mental and physical health benefits of yoga, highlighting its positive impact on stress reduction, muscle health, and overall well-being. Some noted the importance of practicing yoga regularly for a sustained period to see results. They also shared experiences of participating in deaf-friendly yoga classes, where feedback from teachers and visual explanations of poses and their benefits were helpful.

Others mentioned specific deaf yoga communities and practices like Deafhood Yoga and Kundalini Yoga in sign language, which provide accessible and enriching



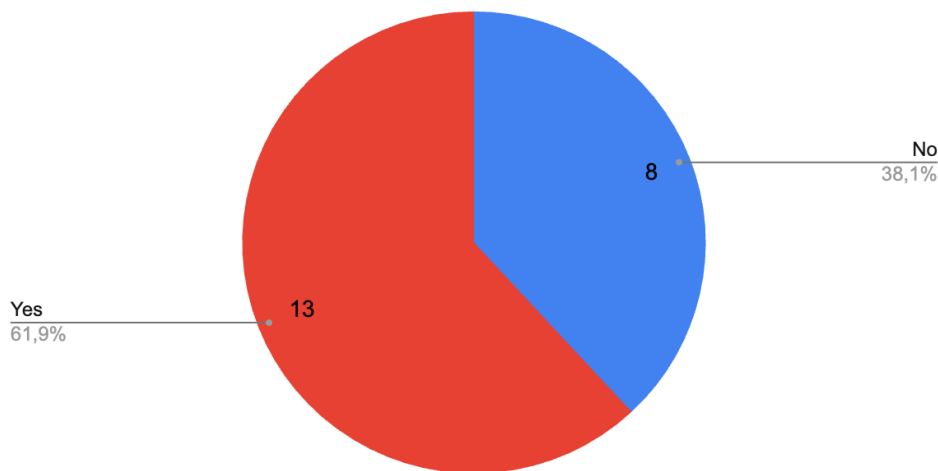
experiences. One respondent shared a personal story of overcoming an illness through yoga.

While some respondents felt they did not have enough experience to comment further, others reiterated the importance of finding motivation and being open to yoga's holistic benefits, including spiritual growth.

"Question 15: Have you received any formal yoga training or instruction?"

Question 15

Have you received any formal yoga training or instruction?



"Question 8: How do you prefer to receive information about yoga (e.g., written materials, videos, in-person instruction, through Sign Language)?"

- Sign Language is frequently mentioned as a preferred method.
- In-person instruction is also popular.
- Videos are noted as a preferred option, especially when accompanied by Sign Language and subtitles.
- Written materials are mentioned but less commonly.

Overall, the preference leans towards a combination of Sign Language, in-person instruction, and videos with accessibility features.



"Question 10: What modifications or accommodations would enhance accessibility to yoga for the deaf community?"

- **Sign Language:** Incorporating sign language in videos and live sessions is crucial.
- **Qualified Instructors:** Having instructors who are fluent in sign language and familiar with deaf culture is important.
- **Adapted Environment:** Ensuring that the environment is adapted to meet the needs of deaf individuals.
- **General Accessibility:** Emphasizing the need for changes that make yoga more accessible and beneficial for the deaf community.
- Some respondents were unsure or lacked experience with yoga to provide specific suggestions.

Overall, key suggestions include the use of sign language, qualified instructors, and adapted environments to enhance accessibility.

"Question 12: How do you believe yoga can contribute to your overall well-being as a member of the deaf community?"

- **Improves Understanding:** Yoga helps in understanding one's body and emotions better.
- **Reduces Stress:** Many believe yoga can reduce stress and promote relaxation.
- **Builds Community:** Yoga can create a sense of community.
- **Promotes Mindfulness:** It fosters mindfulness and self-awareness.
- **Enhances Emotional Health:** It is seen as beneficial for improving emotional health, especially for the deaf community.

Overall, respondents generally believe that yoga contributes positively to well-being, with benefits such as stress reduction, emotional health improvement, and enhanced self-awareness.



"Question 13: Can you suggest any strategies or recommendations for improving the accessibility of yoga for deaf individuals?"

- **Sign Language:** Use sign language to communicate instructions and information.
- **In-Person Instruction:** Prefer face-to-face classes with sign language interpretation to provide immediate, clear instructions.
- **Qualified Interpreters:** Employ interpreters who are skilled in both sign language and yoga, and who are fully dedicated to the translation.
- **Specialized Classes:** Create dedicated yoga groups for the deaf community to foster comfort and support.
- **Environment Adaptation:** Ensure the environment is adapted to meet the needs of deaf individuals.
- **Experienced Instructors:** Have instructors who are proficient in sign language and familiar with deaf culture.

Some respondents were unsure or lacked experience with yoga, which limited their ability to provide specific recommendations.

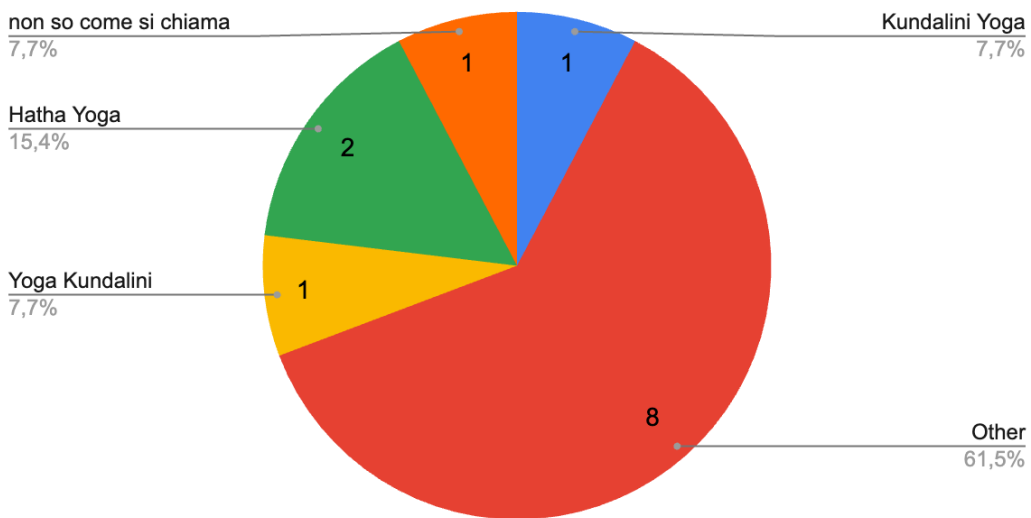
"Question 14: Is there any additional information or feedback you would like to share regarding your experiences with yoga and psycho-physical well-being as a deaf individual?"

- **No Additional Feedback:** Several respondents did not have additional information or feedback to share.
- **General Comments:** One respondent emphasized that proper techniques are important to make yoga accessible and beneficial for everyone, regardless of hearing ability.
- **Lack of Experience:** Some respondents mentioned that they did not have experiences with yoga or were unsure about their experiences.

Overall, there was limited additional feedback, with some respondents indicating a lack of experience or specific comments.

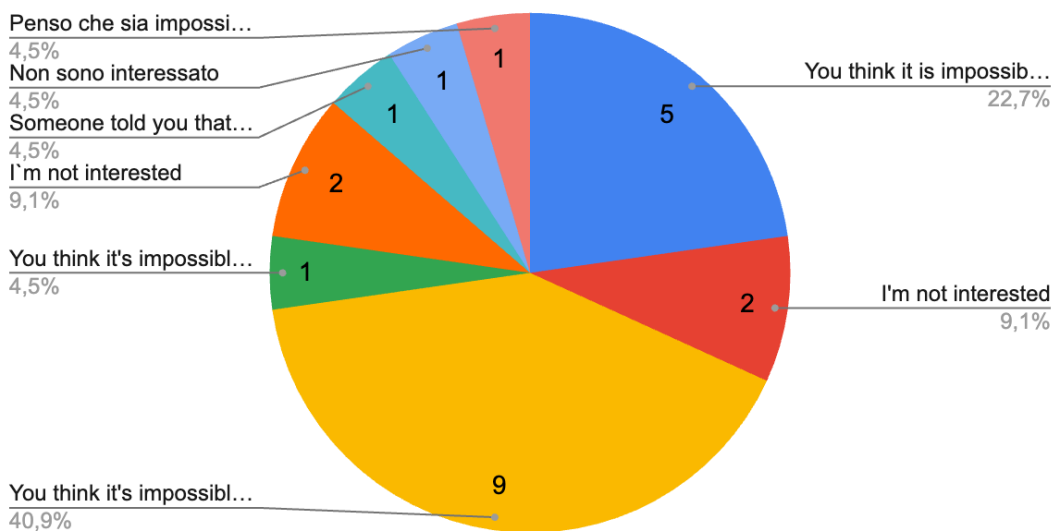
"Question 16: Which training or instruction have you received?"

Question 16



"Question 3 *: Why haven't you ever practiced yoga?"

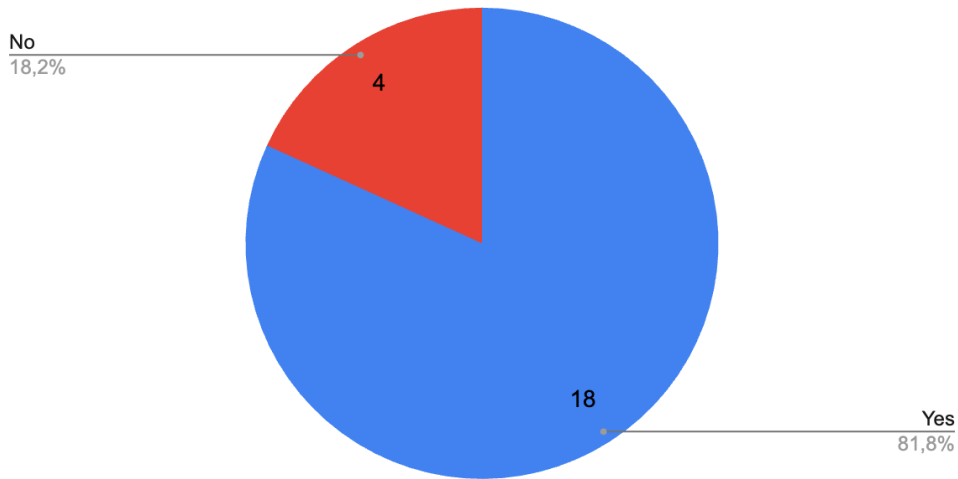
Question 3 *





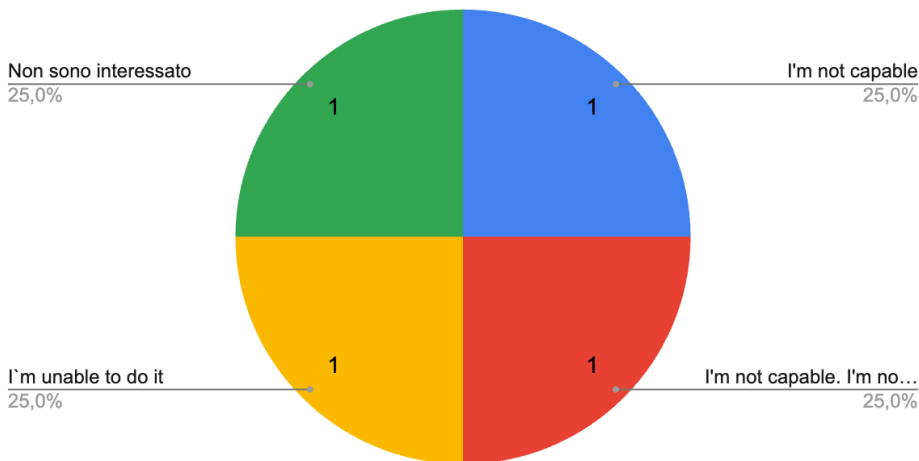
"Question 4 *: If there were an accessible yoga class, would you like to take part in it?"

Question 4 *
If there were an accessible yoga class, would you like to take...



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

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



"Question 6 *: What is your concern?"

Nobody answered to this question