



APRILE 2025

NEWSLETTER #6

Towards a truly accessible practice



TESTING MATERIALS WITH THE DEAF COMMUNITY

The *All for Everyone* project has entered a crucial phase: testing the first materials and guidelines aimed at making Kundalini Yoga accessible to deaf people. The three partners – in Italy, Spain, and Lithuania – have launched internal testing sessions, organizing open classes to evaluate the effectiveness of the tools developed.

THE FIRST PILOT SESSIONS

During March and April, in Italy, the *Fondazione Gualandi a favore dei sordi* led this phase by organizing small pilot sessions in Bologna, involving at least 10 deaf participants in guided practical activities. These sessions made use of accessible audiovisual materials, initial versions of the teaching guidelines, and specially designed visual tools.



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Listening to the community: how direct experience helps us improve

A CONCRETE TESTING OPPORTUNITY

This testing activity had a twofold objective: to assess the clarity and effectiveness of the materials, and to gather direct feedback from participants. The insights collected proved essential for refining the content, language, and methods of delivery—ensuring that the final resources are truly helpful, accessible, and inclusive.



A SHARED AND PARTICIPATORY EFFORT

The testing process was not just a means of evaluation, but also an opportunity to deepen the relationship with the deaf community, reinforcing the value of listening and co-creation. The pilot sessions confirmed that accessibility is built in practice—through ongoing dialogue between teacher and practitioner.



Incontri con Jiwan Shakti Kaur
e Beatrice Vitali
di Kundalini Yoga

7 marzo
4 aprile
11 aprile 2025

ore 17.00 - 18.30

Lezioni aperte con modalità
accessibile a persone sorde

Gli incontri sono **gratuiti**
ma è necessaria la prenotazione
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KUNDALINI YOGA AND ACCESSIBILITY
Iniziativa all'interno
del progetto Europeo
All for everyone
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The project is now approaching its end. The final meeting will take place in Bologna, where an accessible public class will be held, and the finalized guidelines and materials will be officially presented. It will be a moment to share the achievements and reaffirm our commitment to a form of yoga that is truly open to everyone.

Next Step

FINAL MEETING AND
OPEN CLASS IN
BOLOGNA