



KUNDALINI YOGA and ACCESSIBILITY

OCTOBER 2024

NEWSLETTER #3

The first accessible practice in Vilnius

GIVINGSHAPE TO INCLUSION: THE BODY MOVES, THE COMMUNITY OPENS UP

A historic moment in Vilnius

The project reached one of its most significant milestones with the first accessible Kundalini Yoga session held in Vilnius, organized by the *Lietuvos kurčiųjų ir neprigirdinčiųjų ugdymo centras*. For the first time, deaf individuals were able to participate in a practice led by an experienced teacher, with the support of sign language interpreters. This allowed us to reflect together on the tools needed to facilitate accessibility.



AN EXPERIENCE OF BODY, BREATH, AND CONNECTION

On September 18th and 19th, we began building tools to facilitate the practice. Every aspect of the practice was adapted to make the experience accessible and engaging for deaf participants. The attendees experienced firsthand how yoga can be a profound, accessible, and transformative practice.



In Vilnius, the first inclusive yoga class: when silence becomes listening

FROM CHALLENGES TO INNOVATION INSIGHTS

During the practice, some concrete challenges emerged: unclear timing, complex instructions, and the difficulty of translating concepts like "inner energy" or "mantra" into sign language (LIS). However, these obstacles proved to be valuable starting points for reflecting on how to make teaching more accessible. It is from these observations that the operational guidelines will be developed.



THE FEELINGS OF THE PARTICIPANTS

The two days concluded with an open class. The feedback received was extremely positive: some participants shared that they felt "included" in a group well-being activity for the first time. Others expressed a desire to continue practicing yoga regularly, perhaps in settings led by deaf instructors.



This first accessible practice represents much more than just a lesson: it is the beginning of a cultural change.

