



MAY 2024

NEWSLETTER #1

# Ensuring access to yoga for all

## The Project Starts in Bologna: Kick-off Meeting for Inclusion in Kundalini Yoga

Bologna, the heart of change

Our European project *All for Everyone*, dedicated to making Kundalini Yoga accessible for deaf people, officially began with the Kick-off Meeting held in Bologna on May 9th-10th, at the *Fondazione Gualandi a Favore dei Sordi*, lead partner of the initiative. In an atmosphere of enthusiasm and collaboration, partners from Italy, Spain, and Lithuania came together to bring a shared vision to life: making yoga a truly accessible tool for everyone's well-being.



# A partnership united by a shared goal

## A CONSCIOUS AND INCLUSIVE VISION

During the meeting, representatives from the *Fondazione Gualandi*, the *Lietuvos kurčiuju ir neprigirdinčiuju ugdymo centras* of Vilnius, and the *Instituto Hispano Americano de la Palabra* of Madrid shared ideas, objectives, and strategies to structure a concrete path toward inclusion.

The central focus? Creating international guidelines for teaching Kundalini Yoga to deaf individuals, to be published and promoted by the Kundalini Research Institute (KRI).



**KUNDALINI YOGA**  
and **ACCESSIBILITY**



## LOOKING AHEAD

The meeting made it possible to define the project phases, clarifying the role of each partner in carrying out targeted activities: from accessible yoga practices to audiovisual materials, and classroom experimentation.

We engaged in dialogue with accessibility experts, educators, yoga teachers, and members of the deaf community to ensure that every step is grounded in listening, inclusion, and direct experience.

This first meeting reinforced our conviction: cultural accessibility is a right, and yoga can — and must — become an open space for everyone. With passion and professionalism, we are ready to build a path that can truly make a difference.

Next Step

SURVEY ON YOGA  
KNOWLEDGE IN THE  
DEAF COMMUNITY