



DECEMBER 2024

NEWSLETTER #3

# Growing together by listening to the needs

## SECOND KUNDALINI YOGA PRACTICE IN MADRID: ANOTHER STEP FORWARD TOWARD INCLUSION



Following the emotional first practice in Vilnius, the *All for Everyone* project reached another key milestone in Madrid. On December 2nd and 3rd, at the *Instituto Hispano Americano de la Palabra*, the second preparatory meeting was held to organize another open and accessible Kundalini Yoga session—designed and carried out to welcome deaf participants in an inclusive and participatory environment.

## TOWARD AN EVER MORE ACCESSIBLE PRACTICE

During this new meeting, we were able to test and further refine the tools developed throughout the project: adapted sequences, clear visual instructions, and a welcoming atmosphere.

We focused on key elements, including the adaptation of complex concepts—such as mantras, breathing, and centering—into a form that is fully accessible to those who can't hear.



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# Listening, observing, learning

## PICCOLI CAMBIAMENTI, GRANDI IMPATTI

The contribution of deaf participants was, once again, incredibly valuable. Through their direct feedback, we identified new challenges—but also great potential. Some participants reported feeling a deeper connection to the practice compared to the first session, showing how important it is to build continuity, trust, and safe spaces in which to explore personal well-being.

Even small adjustments—such as the teacher's position in the room, the use of visual cues, and the synchronization between explanation and movement—had a major impact on the effectiveness of the practice. This demonstrates that accessibility is not a limitation, but a creative opportunity to improve the quality of teaching for everyone.



## THE WORDS OF PARTICIPANTS

The testimonies of the deaf participants confirm that we are on the right path. The emotions shared, the gratitude, and the enthusiasm expressed encourage us to move forward with even greater energy toward the next steps.

After the sessions in Vilnius and Madrid, the next destination will be Bologna, where the project will enter the experimentation phase with free open classes aimed at the deaf community. These sessions will serve to test what we've learned so far and further consolidate inclusive practices.

Next Step

IMPLEMENTATION AND  
EXPERIMENTATION