



# ACCESSIBILITY AND INCLUSION



# BARRIERS TO TO ATTENDING YOGA



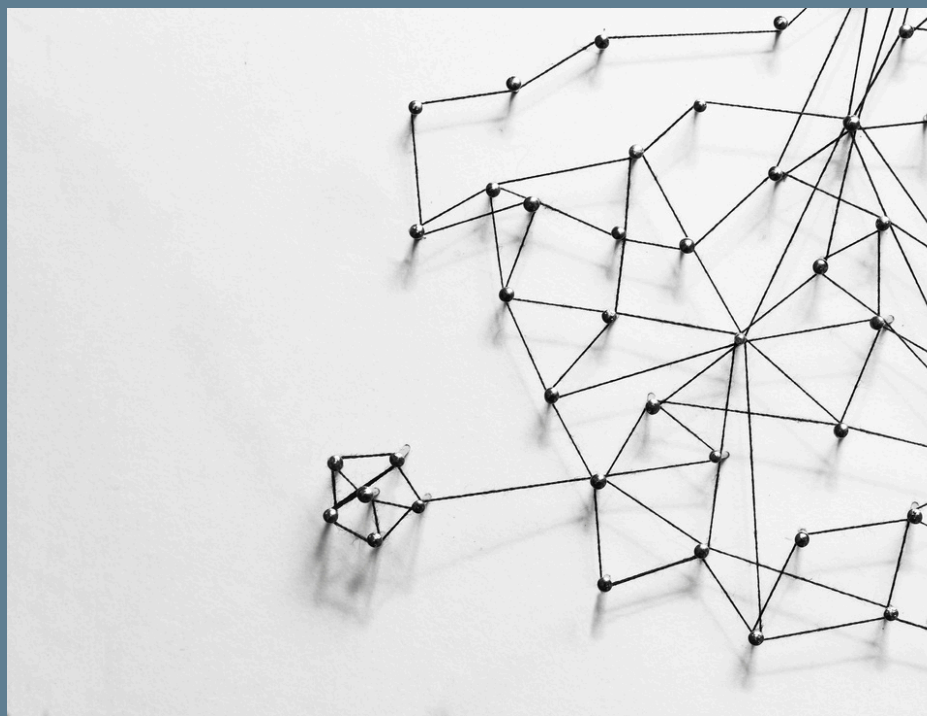
TRAUMA IS IN ALL  
SPACES

OFFERING TRAUMA  
INFORMED YOGA IS ONE  
ASPECT OF ACCESSIBLE  
AND INCLUSIVE YOGA

TRAUMA INFORMED IS  
PEOPLE INFORMED



# BARRIERS TO TO ATTENDING YOGA



FINANCIAL

SYSTEMIC SOCIAL  
OPPRESSION AND  
POWER- EG RACE,  
POVERTY ETC- FEELING  
UNWELCOME IN SPACE

MENTAL HEALTH,  
PHYSICAL HEALTH,  
TRAUMA, SELF  
ESTEEM, CONFIDENCE



# WHY SAYING INCLUSIVE AND ACCESSIBLE ISN'T ENOUGH

"I never thought that yoga was for me. I just thought it was for posh bendy people, I never would walk into a yoga studio, I wouldn't even know what to do. I never thought I would be 'allowed' to go to yoga until I started practicing with ECY through the womens project. Now I know that this is MY yoga practice and I can do it. It's not for anyone else to tell me"

# WHY SAYING INCLUSIVE AND ACCESSIBLE ISN'T ENOUGH

- Life expectancy in Scotland was 76.5 years for males and 80.7 years for females in 2020-2022
- It has decreased by 3 weeks for males and 5.7 weeks for females since 2019-2021
- Life expectancy was highest in East Renfrewshire for females and East Dunbartonshire for males and lowest in Glasgow city for both males and females in 2020-2022
- The gap in life expectancy between the most and least deprived areas was 13.5 years for males and 10.2 years for females.

The NRS report, Scotland's Population (2022) – The Registrar General's Annual Review of Demographic Trends, found that “there is a huge gap in healthy life expectancy for people in the most and least deprived areas”.

The study found that males born in Scotland's most deprived areas “can expect about 24 years fewer in good health” than those born in the most affluent areas, with the gap more than 23 years for females.

"People in the most deprived areas are 18 times as likely to have a drug-related death than those in the least deprived areas."

"Scotland has the lowest life expectancy in Western Europe"

<http://www.healthscotland.scot/population-groups/children/adverse-childhood-experiences-aces/overview-of-aces>

# POWER DYNAMICS

Inequality in power dynamics in society leads to inequality in accessibility of wellbeing practices. this exists at micro and macro levels in society





# SOCIAL JUSTICE

Think of a time you experienced injustice (you can choose a minor event if you prefer) . How does it feel in your body?

How does it feel in your body when we SEE injustice for others?

How does it feel when we consider global systemic injustice?



# NOT EVERYONE HAS EQUAL CHANCES

'Gentrified Activities' e.g Yoga are really difficult for many to access because of mental and physical health, self esteem, confidence, sense of where you belong- or don't belong, knowing and recognising social norms, fitting in, education, feeling valued or worthy, fear of unknown, preconceptions about yoga, money, opportunity

THIS IS NOT JUST YOGA IT IS THE NATURE  
CAPITALISM AND A RESULT OF A NEO-LIBERAL  
SOCIETY

# INTERSECTIONS OPPRESSIONS

## Intersecting Oppressions

Nationality

Gender

Ability

Class

Sexual  
Orientation

Race



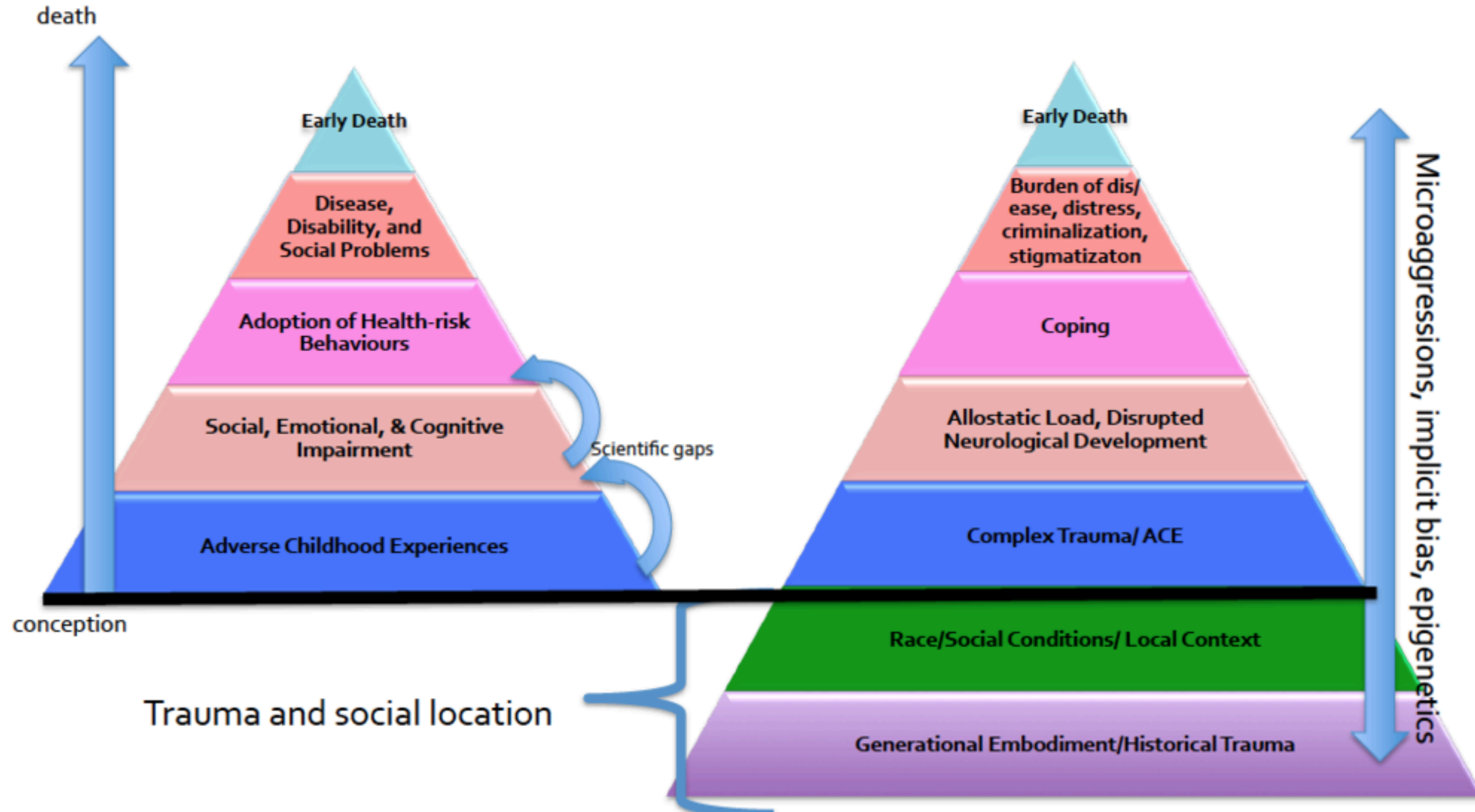
# ADVERSE CHILDHOOD EVENTS AND TRAUMA



## Trauma and Social Location

### Adverse Childhood Experiences\*

### Historical Trauma/Embodiment



\*<http://www.cdc.gov/violenceprevention/cestudy/pyramid.html>

# WHY IS THIS RELEVANT TO TRAUMA INFORMED PRACTICE?

## ACES

Adverse Childhood Experiences  
(Felitti 1998)

= 2/3- 1 or more ACEs

> 1/5- 3 or more ACEs

- Emotional abuse
- Physical Abuse
- Sexual Abuse
- Emotional Neglect
- Domestic Abuse
- Addiction
- Parental separation
- Incarcerated family member

# ACE STUDY FINDINGS (SUMMARY)

1 or more ACE=1/3

4 or more ACES= 1/7 (Wales)

No data for Scotland as yet (check ACES HUB)

Compared to people with no ACEs, those with 4 or more ACEs are more likely to

- have been in prison
- develop heart disease
- frequently visit the GP
- develop type 2 diabetes
- have committed violence in the last 12 months
- have health-harming behaviours (high-risk drinking, smoking, drug use).

# POVERTY IS NOT ANOTHER ACE BUT...

- Significant number of families with multiple ACES experience poverty
- Poverty plus ACES= increased likelihood of toxic stress
- ACES increase chance of continued poverty
- Poverty makes less likely to have coping strategies and support

# ACTIVITY- BREAKOUT GROUPS

1. What privilege has allowed us to practice
2. What challenges have made it hard to practice ?
3. Would anything have made it easier to access yoga?
4. What are the cultural norms or 'rules' in a yoga class/studio?
5. How do you know what these are?
6. Might these exclude anyone?





# WHAT MIGHT WE DO ABOUT IT ?

- Offer safer spaces for everyone through consent, language, environment and make this explicitly clear
- Actively take yoga to the people don't wait for them to come to you
- Partner with organisations who work with specific groups
- Affordable prices for all where possible- this is not conducive to profit
- Representation in yoga teachers and training opportunity
- Change the narrative on yoga through social media, marketing etc