



2/11/17 Access-Centered Movement® Training with Jess Dene Schlesinger

“Our communities and movements must address the issue of access. There is no way around it. Accessibility is concrete resistance to the isolation of disabled people. Accessibility is nothing new, and we can work to understand access in a broad way, encompassing class, language, childcare, gender---neutral bathrooms as a start.” ---

Mia Mingus

“We cannot fight for liberation without a deep, clear understanding of disability, ableism and disability justice. The bodies of our communities are under siege by forces that leverage violence and ableism at every turn. Ableism is connected to all of our struggles because it undergirds notions of whose bodies are considered valuable, desirable and disposable. How do we build across our communities and movements so that we are able to fight for each other without leveraging ableism?”

I imagine a world where our organizing and activism is less segregated, where our movements and communities are accessible and don't participate in the isolation of disabled communities. I imagine places where we fight for whole and connected people, families and communities.”

---Mia Mingus

“A Disability Justice framework understands that all bodies are unique and essential, that all bodies have strengths and needs that must be met. We know that we are powerful not despite the complexities of our bodies, but because of them. We understand that all bodies are caught in these bindings of ability, race, gender, sexuality, class, nation state and imperialism, and that we cannot separate them. These are the positions from where we struggle. We are in a global system that is incompatible with life. There is no way stop a single gear in motion — we must dismantle this machine.”

---Patty Berne



Some key principle of disability justice from Patty Berne of Sins Invalid:

- **“Intersectionality.** We know that each person has multiple community identifications, and that each identity can be a site of privilege or oppression...
- **Collective Access,** that as brown and queer crips we bring flexibility and creative nuance to engage with each other, that we value exploring and creating new ways of doing things that go beyond able---bodied/minded normativity. Access needs do not need to be held in shame — we all have various capacities which function differently in various environments. Access needs can be articulated within a community and met privately or through a collective, depending upon an individual’s needs, desires, and the capacity of the group. We can share responsibility for our access needs without shame, we can ask our needs be met without compromising our integrity, we can balance autonomy while being in community, we can be unafraid of our vulnerabilities knowing our strengths are respected.
- **Collective Liberation,** in which we hold the question “How do we move together” – as people with mixed abilities, multiracial, multi---gendered, mixed class, across the orientation spectrum – where no body/mind is left behind.”

Some resources:

<http://sinsinvalid.org/blog/disability---justice---a---working---draft---by---patty---berne>

<https://thebodyisnotanapology.com/magazine/this---is---disability---justice/>

<https://leavingevidence.wordpress.com/2011/02/12/changing---the---framework---disability---justice/>



3/10/13 Transformational Life Skills (TLS) training at Niroga Yoga Studio, Berkeley

Lead trainer: Niroga founder, B.K. Bose

Best Practices for Giving Meditation or Mindful Movement Instructions to Individuals or Groups Impacted by Trauma and Posttraumatic Stress

Use inviting language and give choices. During the traumatic incident, the person experienced feeling powerless, not having choices or agency. That person doesn't want to re---experience not having choices. Instead, the person wants to feel, "I can take effective action for myself." A person holding trauma in their body may numb out around the area where they are holding the trauma, and disconnect from their body. They can continue a healing process by safely feeling the weight of their body, shifting of weight, and body sensations. Be aware of your tone of voice, be non---judgmental, and model the movements and breathing or meditation that you are leading. Here are some examples of language you can use when instructing individuals or groups impacted by trauma and posttraumatic stress in yoga, stretching, meditation, etc.:

Invitation

- If / as you're ready...
- If it feels comfortable...
- You might experiment with...
- If you like...
- The invitation is to _____

Option

- (Make a particular movement) As far as you feel comfortable
- There are a few options here
- You can either ___ or _____

Sensation and Orientation



- You might feel / notice / observe
- Be curious about, experiment with how it feels to _____

Additions from Jess Dene Schlesinger 02/11/2017:

- if it feels good
- if you are able
- if it is available
- if this doesn't work for you/serve you, I invite you to come to a _____ (sequence/position/breath) that does
- if you would rather _____ (stay in this position/go in that position) that's perfectly fine
- maybe/perhaps

I try to use the term "variation" instead of "modification." I do this to avoid placing value on a pose. To avoid hierarchy of each variation, I typically state that each variation has equal value and that they are simply different. It's important to remember that difficulty is subjective and inherently tied to ability.

Try to avoid using these words:

- just
- even
- easy
- difficult
- hard
- simple
- everyone
- should
- beginner/intermediate/advanced