

OPEN UP

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Open Up's mission is to expand access to wellbeing through inclusive movement and mindfulness education, centering people with disabilities as we build community and create spaces where everyone belongs. Inclusive movement classes matter because they create something many people, especially individuals with disabilities, are too often denied: a space where they don't have to explain themselves or change who they are to belong.



Traditional movement spaces can feel intimidating, full of expectations about how bodies should move, look, or communicate. Open Up offers something different. The classes meet people where they are, honor different sensory needs, and allow participation to look different for everyone.

In our spaces, movement isn't about performance or perfection, it's about safety, joy, and connection. When people feel safe in their bodies, they're more open to engaging with the world around them, and that sense of safety often carries far beyond the class itself. Movement and mindfulness can support self-regulation and self-expression, but just as importantly, they create moments of comfort, shared experience, and confidence. My passion for working within our community comes from witnessing how powerful it is when someone feels truly accepted.

Being part of this community has taught me to slow down, listen more carefully, and recognize that connection doesn't always look the way we expect it to.

At its core, the work we do is about community. It's about creating environments where people feel safe enough to be themselves and supported enough to grow in their own way. Inclusive movement classes may seem like a small thing, but they have the power to change how people see themselves and how they experience the world. They are meaningful, quiet moments of belonging that add up to something much bigger.



Looking ahead, I'm excited about the ways Open Up continues to expand access through virtual offerings, community partnerships, local schools, and in-studio programming. Virtual classes create opportunities for people who may not be able to attend in person, making inclusive movement and mindfulness accessible beyond physical walls. At the same time, our studio classes offer welcoming, sensory-aware spaces where community and connection can grow in real time. We offer a weekly, Supported Yoga for Autism class that is an essence of our community connection.

I am continually inspired by the honesty, connection, and resilience of the students in our classes. Inclusive movement classes are one small but meaningful step toward a more accepting world, and I'm grateful to be part of that step.

Visit <https://www.open-up.org/> to learn more

outsideinsights



Bringing autism resources together.