Can I participate at re-origin if I am bedridden?

Conditions and Effectiveness · https://www.re-origin.com/support/can-i-participate-in-your-program-if-i-am-bedridden

Yes, many of our members begin the program while bedridden or with very limited capacity.

The techniques are gentle, flexible, and can be adapted to meet you where you are whether that means starting with very small steps or simply engaging with the material at your own pace.

Everyone’s journey is different, but many people find they can begin making progress even from a very low starting point.

Do I need to be physically active to participate?

No. You can start from wherever you are, including bed. The program is designed to be adapted to your current energy and capacity.

What if I can only do a few minutes a day?

That’s completely okay. Many members begin with just a few minutes and gradually build up over time.