Can I do the program without audio (e.g. if I’m deaf or sensitive to sound)?

Getting Started · https://www.re-origin.com/support/program-without-audio

Can You Do the Program Without Audio?

Yes, you can absolutely do the program without audio.

We’ve designed the program to be fully accessible, including for those who are deaf, hard of hearing, sensitive to sound, or who simply prefer to complete the program without audio. You can engage with all core content using visual and written formats, without relying on sound.

How to Do the Program Without Audio

If you choose to do the program without audio, you will still be able to fully follow and benefit from the material. All core videos include **closed captions (subtitles)**, allowing you to read along and understand the guidance, teachings, and exercises.

You can:

- watch all videos using closed captions
- pause and reflect at your own pace
- follow along with visual and written instructions
- engage with exercises without needing audio guidance

This means you can complete the program in a way that suits your preferences, environment, or sensory needs.

Accessibility and Closed Captions

Closed captions are included across all core program content to ensure accessibility. These captions capture the key teaching points and instructions, so you don’t miss any important information when

completing the program without audio.

This makes the program suitable for:

- people who are deaf or hard of hearing
- those with sound sensitivity or sensory processing challenges
- anyone in environments where audio isn’t practical
- members who prefer reading over listening

We aim to make the program inclusive and adaptable to different needs and learning styles.

Can You Still Get Full Value Without Audio?

Yes. You can still get full value from the program without audio.

The core principles, tools, and practices are not dependent on audio alone. By using captions, visual guidance, and written content, you can:

- understand the key concepts clearly
- follow exercises and practices effectively
- integrate the tools into your daily routine
- continue making meaningful progress

Many members find that engaging with the program in a quieter, more self-paced way can actually improve focus and retention.

Ongoing Accessibility Improvements

We are continuously working to improve accessibility across the program. This includes refining captions, enhancing visual materials, and exploring additional ways to support members completing the program without audio.

If you have specific accessibility needs or preferences, we encourage you to reach out to our team. Your feedback helps us improve the experience for everyone.

Additional Support

If you need help navigating the program without audio or adapting it to your needs, support is always available. You can also explore how the program works in our **program overview** or reach out to the team for guidance.

Summary

Yes, you can fully do the program without audio. With closed captions, visual guidance, and flexible learning options, the program is designed to be accessible, inclusive, and effective for all members.

What if I am sensitive to sound, can I just read and not watch the videos?

Yes, absolutely. All of our core videos include closed captions, so you can fully engage with the program without needing to rely on audio.

We’re also continuously working to make re-origin more accessible, so if you have specific needs or preferences, feel free to reach out—we’re here to support you.

Do you have Closed Captions?

Yes, all of our videos include Closed Captions. We also include summary notes under the program videos so if you prefer to read over listen - we have you covered.