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Matthew Sanford Honored with 2007 Eleven Who Care Award

(Minneapolis, Minn., Sept. 12, 2007) — Matthew Sanford, nationally recognized paraplegic yoga teacher, critically acclaimed author, speaker and expert in mind-body integration, has been honored with a 2007 “Eleven Who Care Award” from KARE 11. The award honors outstanding volunteers in the community.

Sanford was recognized for his visionary work and extraordinary service for the past 10 years teaching adaptive yoga to clients at Courage Center in Golden Valley, Minn. “Something magical happens in this class. Together, we’ve developed a different approach to living,” says Sanford.

At age 13, Sanford's world turned upside-down when a devastating car accident killed his father and sister and left him paralyzed from the chest down. For 12 years Sanford accepted the advice of doctors to forget the lower half of his body – until he discovered yoga and life-changing connections between mind and body...insights that are accessible to all of us. Sanford now works under the simple notion that minds and bodies work better together. He shares this simple insight around the country to help others heal in unexpected ways and gain the strength to see that wonderful things happen a little at a time.

Sanford chronicles his amazing life experience in *Waking: A Memoir of Trauma and Transcendence* (Rodale, 2006/paperback spring 2008). In it he shares unique insight on how to turn tragedy into purpose and the power of the mind-body relationship. “My disability has been an essential teacher. My story, what it’s like to sit in darkness as your eyes adjust, is everyone’s story,” he says. In 2001, Sanford founded Mind Body Solutions, non-profit charitable organization, to help others understand this simple notion. “Living vibrantly through one's whole body is a powerful part of living, whether someone is paralyzed or not,” he says. Matthew teaches at yoga conferences and studios nationwide, as well as presents seminars to major health care organizations, including the Mayo Clinic. He also speaks to corporations nationally through his innovative program, “*Bringing Your Body to Work.*”

Sanford's pioneering work at Courage Center has created a path for him to help transform the delivery of healthcare, which includes an initiative for veterans. “There is a whole realm of healing potential within the mind-body relationship that does not require a reversal of condition,” he says. In Matthew’s case, that means healing other than healing to walk again. Sanford’s voice is sought nationwide, including his recent keynote presentation at **Donna Karan’s** Urban Zen Initiative www.urbanzen.org, a forum that brought together renowned leaders in integrative medicine and healing therapies. In November 2007, Matthew will offer a lecture, book event and yoga workshop at The Jivamukti Yoga School in New York City, one of the best-known yoga centers with Hollywood clients including Gwyneth Paltrow, Christy Turlington and Sting.

As for volunteering, Sanford says, “If you give of yourself, not only do you get something back, but you create something new. It deepens the fabric of living when you give.” Sanford lives in Orono, Minn., with his wife and son.

For more information, visit www.matthewsanford.com.

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