

transformative

interactive

practical

Matthew Sanford

Waking Mind and Body

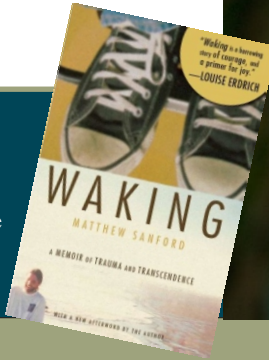
“Inspirational”

-NBC TODAY SHOW



Keynotes & Seminars

Realizing Opportunity in the Face of Change



Visionary Health Care Pioneer
Award -Winning Author
Nationally Recognized Yoga Teacher

“A Rising Star”

- DONNA KARAN
Chief designer and creative director
Donna Karan International and founder
Urban Zen Foundation

“OH-MAZING”

- PEOPLE MAGAZINE

“If you ever thought, I ‘can’t’
..this is something to watch”

- 9 NEWS, DENVER, CO

“Phenomenal”

- BRENT BAUER, M.D., MAYO CLINIC

“Charismatic
in his presentation”

- DR. MEHMET OZ, OPRAH & FRIENDS, XM 156

Featured Clients

Donna Karan’s Urban
Zen Initiative

American Physical
Therapy Association

Mayo Clinic

General Mills

International Associa-
tion of Rehabilitation
Professionals

Sharp Rees-Stealy
Medical Center
San Diego

Medtronic

Charleston Area
Medical Center

American Express

Virginia Commonwealth
University

Matthew’s inspirational

story began at age thirteen when he survived a car accident that killed his father and sister and left him permanently paralyzed from the chest down. Today, he is a leading expert on practical mind-body transformations. In all contexts, his core message remains the same: deepening the connection between mind and body is more than a personal health strategy - it is the secret to living well, achieving success and finding purpose.

Media Features

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www.matthewsanford.com

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