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The Neuro Institute and Freedom for Life bring Paraplegic Yoga Teacher and Nationally Recognized Author to Phoenix

Matthew Sanford is Changing the Way People Think about the Mind-Body Connection

(Phoenix, Arizona, Nov. 8, 2006)—Ever since paralyzed mountain climber Darol Kubacz heard about Matthew Sanford he has been trying to bring him to Phoenix to teach and lecture. Matthew is a visionary, philosopher, yoga teacher, and author of the critically acclaimed *Waking: A Memoir of Trauma and Transcendence* (Rodale-June 2006) (*Reader's Digest*, Editor's Choice-June 2006). He is also paralyzed from the chest-down. Sanford now travels the country spreading his message and Kubacz, along with Arnie Fonseca of the Neuro Institute, have worked together to bring Sanford to Phoenix to teach two workshops for free.

On Friday, November 17, from 6:30 to 7:45 pm, Sanford will present “*Adapting Yoga for People with Disabilities*.” This interactive discussion will explore how yoga can travel through ANY body. Participants will gain tips not only for beginning their own practice, but also how yoga can complement—even add to—their healing and recovery process. This session is open to all, but is especially targeted to people living with disabilities, rehabilitation professionals, and yoga teachers who are interested in adapting yoga for people of all levels of abilities.

On Friday, November 17, from 7:45 to 9:00 pm, Matthew will present, “*The Body’s Grace*.” This interactive discussion is open to all and will explore what is common within our mind-body experience. The focus will be on the nature of healing, the delivery of medical and rehabilitative practices, and to the stresses of every day life.

Both events will be held at The Neuro Institute, 1221 West Warner Road, Suite 102. There is no charge to attend either or both discussions. 480-735-0124

TheHandsOfHope@TheNeuroInstitute.com

On Monday, November 20, from 11:00 – 1:00 pm, Matthew will sign books at the Borders in Biltmore Fashion Park, 2402 East Camelback Road, 602-957-6660.

*When Matthew Sanford was just thirteen, his family was in a devastating car accident—killing his father and sister and paralyzing him from the chest down. In the twenty-seven years since, Sanford has become a nationally recognized yoga teacher, a pioneer in adapting yoga for people living with disabilities, a renowned public speaker and founder of a non-profit organization dedicated to the practical notion that minds and bodies work better together. In **Waking**, Sanford chronicles his journey from the intensive care unit to his present-day life. Through it all, Sanford has gained a deeper understanding of the connection between mind and body and formulated an entirely new view of existence as a “whole” person.*

Sanford received a Karma Yoga Award from Yoga Journal in 2003 and the Judd Jacobson Award in 2005. He will speak and teach yoga at the 2007 Yoga Journal conference in Lake Geneva, WI and at the Omega national convention in Miami, FL. For more information, visit www.matthewsanford.com or www.mindbodysolutions-mn.org.

Matthew Sanford is available for interviews.

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