

**DULUTH NATIVE, PARAPLEGIC YOGA TEACHER, AUTHOR TO SPEAK  
AT UMD SCHOOL OF MEDICINE  
FOUR EVENTS OPEN TO PUBLIC**

**Minneapolis-St. Paul, Minn. (Nov. 21, 2006)** — The life of Duluth native Matthew Sanford was irrevocably changed at age 13 when his family's car skidded off an overpass, killing Matthew's father and sister, and leaving him paralyzed from the chest down.

In the nearly twenty-eight years since the accident, Matthew 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 belief that minds and bodies work better together. And now he's the critically acclaimed author of *Waking: A Memoir of Trauma and Transcendence* (Rodale-June 2006) (Reader's Digest, Editor's Choice-June 2006).

Matthew Sanford is coming home to Duluth to share his insights. The UMD School of Medicine and the UMD Stores will present, "*Moving Towards Practical, Holistic Healthcare With Matthew Sanford,*" on **Wednesday, November 29<sup>th</sup>, from noon – 1 pm**, at the UMD School of Medicine (Room 142). Matthew will discuss his unique experience as a survivor of devastating trauma, his initial recovery at Mayo Clinic, his paralysis and life today. He'll explore how traditional medical practices, especially his interactions with doctors, inevitably drove him to the more holistic practice of yoga—how it transformed his life and what the implications might be for healthcare delivery. Limited seating for talk, no RSVP required. Book signing held immediately following.

After sixteen years of practicing yoga, Sanford has honed a subtle "energetic connection" between his mind and paralyzed body. This "energetic connection" will not enable him to walk again but it does reconnect his mind and body. He believes this is a tangible form of healing, with tangible results, and such mind-body exploration should be included within our medical practice. Sanford travels around the country spreading this message.

**PUBLIC DULUTH EVENTS:**

**UMD School of Medicine/Healthcare Talk/November 29<sup>th</sup>/ noon – 1 pm / 218-726-8552/free/No RVSP required**

**UMD School of Medicine/Book Signing/November 29<sup>th</sup>/1 – 2 pm / Room 142 / 218-726-8552**

**Kirby Plaza – UMD/Book Signing/November 29<sup>th</sup>/ 4 – 5 pm/Kirby Plaza-UMD / 218-726-7286**

**Barnes & Noble - Duluth /Reading & Book Signing /November 30th / 11-1 pm / 1600 Miller Trunk Highway Duluth / 218-726-0710**

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**WAKING**, published by Rodale (June, 2006), chronicle's Sanford's journey—astonishingly personal, philosophical and heartbreakingly honest. This groundbreaking memoir takes the reader inside the body, heart and mind of a boy whose world has been shattered. The author allows us to follow him into manhood, as he describes the process of separating from his paralyzed body, a journey that inevitably leads him on a quest for healing stories, ones that help him to reconnect his mind and his body, despite his paralysis.

*This is a beautiful, life-giving book. It reads like poetry, and takes the reader inside Matthew Sanford's struggles and insights as a paraplegic and a man, a son and a brother, a husband and a father. But the "transcendence" of the book's subtitle is not otherworldliness. This is a story of moving gracefully within the limits, tragedies, surprises, and ordinariness of being human and alive. - Krista Tippet "Speaking of Faith" on NPR*

**About the Author:** Matthew Sanford graduated with a BA in philosophy from the University of Minnesota Phi Beta Kappa, summa cum laude, and received a Master of Arts from the University of Santa Barbara in philosophy, then shifted his primary focus to explore how the principles of yoga travel through a paralyzed body. He received the *Karma Yoga Award* from *Yoga Journal* for his work as founder of Mind Body Solutions and the *Judd Jacobson Memorial Award* for his work with yoga and disabilities from the Courage Center, a leading rehabilitation facility in Minnesota. Matthew presents lectures, workshops and seminars at leading health care organizations and corporations including Mayo Clinic, Sharp's Hospital in San Diego, Medtronic, Cargill, Carlson Companies and the American Physical Therapy Association. 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. [www.matthewsanford.com](http://www.matthewsanford.com) or [www.mindbodysolutions-mn.org](http://www.mindbodysolutions-mn.org).