



Mind Body Solutions Overview

Founded in 2002 by Matthew Sanford, Mind Body Solutions is a nonprofit 501(c)(3) organization with a mission to transform trauma, loss and disability into hope and potential by awakening the connection between mind and body.

The mind-body connection is a basic and underutilized reality of human existence. It is the place where one's mind and body intersect and interact. We believe a deeper mind-body connection is accessible to everyone, regardless of physical or neurological ability. It improves quality of life and opens new opportunities for healing and recovery.

Mind Body Solutions Highlights:

- As a leader in adapting yoga for people living with disabilities, we are redefining ability and disability. We offer adaptive yoga instruction in the Twin Cities area and train yoga teachers from across the country.
- We develop booklets, DVDs and online learning opportunities to help people living with disabilities integrate mind-body practices into their lives.
- We offer innovative workshops for caregivers and rehabilitation professionals, teaching them to integrate practical mind-body techniques into existing practices for both themselves and those they care for. Our approach is being implemented and studied at the Courage Center, a leading rehabilitation center in Minneapolis, Minn.
- We are bringing our groundbreaking work to disabled veterans.
- We operate a yoga studio in Minnetonka, Minn. and offer classes for both traditional students and those living with disabilities.

Our Impact:

The work of Mind Body Solutions is improving lives in practical and tangible ways.

Students Living With Disabilities:

Our students see life-changing improvements including improved balance, motor planning, transfers and forward reach; an increased ability to control and manage muscle spasms; fewer falls; an increased ability to manage pain; relief from depression; and an awareness of their entire body, even the parts they cannot "feel."

Caregivers and Health Care Professionals

The fate of both the patient and the caregiver (both professional and personal) are deeply intertwined. A mind-body approach promotes the best outcomes for all. Our workshops teach compassionate boundaries, how to develop nourishing relationships, self-care techniques, and mind-body touch and adjusting techniques.

Yoga Teachers

Our training enables teachers to learn how to adapt yoga for individuals living with disabilities, which deepens their overall understanding of yoga, improving not only their own practice but all aspects of their teaching.

Veterans

With Matthew Sanford's pioneering experience with yoga, paralysis and disability at our core, Mind Body Solutions is positioned to help our veterans adjust to their physical disabilities and deal with post traumatic stress disorder. Our programs will continue to expand so that we can share our expertise in transforming disability with veterans.

Mind Body Solutions offers workshops, training and resources for these audiences and more. Donations accepted to help support these programs. Visit www.mindbodysolutions.org for more information.