



Mind Body Solutions Testimonials

The following is a sampling of testimonials from those whose lives have been touched by Mind Body Solutions:

From Students Living with Disabilities

"I am a T-12 paraplegic resulting from a motorcycle accident. I discovered yoga about seven months after my injury. In the beginning, I was very depressed about what had happened to me and I could not focus on anything. Yoga helped ease that feeling of depression and although I still get depressed, I feel I now have a 'tool' to help get me through. I always feel better after every class. For me, yoga helps my state of mind so much that the benefits it has for my body are just a big bonus."

—*Danny G., adaptive yoga student*

"Five years ago, I was in my chair all of the time. Two years into my yoga, I have now been able to transfer out of my chair. The first time, the entire process took about 20 minutes; now it takes about five. What does it mean to me? Not being tethered to my chair—it's freedom."

—*Joe D., adaptive yoga student*

"I have an awareness of my body that I didn't before. If my foot falls off my pedal, I can feel it. Obviously with my paralysis, I can't *actually* feel it, but I can sense something is off elsewhere in my body, my hips, and I can tell someone what to do to help. I also can now project my voice more using my body. I feel more confident as a student. I feel more open to myself and I'm more open to trying new things. As I'm more in my whole body, I feel more open to myself."

—*Sammy D., adaptive yoga student*

From Caregivers and Healthcare Professionals

"Matthew [Sanford] elucidates insights into the mind-body connection that are pioneering and revolutionary. By sharing his own self-discoveries, he challenges us to think beyond current knowledge and practice, and to explore facets of the mind-body previously thought impossible."

—*Duane G. Ollendick, Ph.D., ABPP, licensed psychologist*

"Matthew [Sanford] left an incredible impression on the audience about the delicate balance all healers must walk—between truth and dogmatic dictums, between brutal reality and leaving room for hope."

—*Brent Bauer, Director, Complementary and Integrative Medicine Program, Mayo Clinic*

"Matthew's well delivered message to our medical students ignited much thought and dialogue by encouraging a broader understanding and approach to mind-body connectedness than our current paradigm demands."

—*Jennifer Pearson, MD, Assistant Professor, UMD School of Medicine*

From Caregivers and Healthcare Professionals Cont.

“Matthew has an uncanny ability to identify the movement of energy through the bodies of his students and he directs that energy to align their mind and body. For the past 11 years, Matt has been a role model for my son and his other yoga students with disabilities. I have seen phenomenal positive changes in many of his students as they learn how to utilize their mind-body relationships for improved positioning brought on by Matt’s gentle teaching and persuasion.”

—*Rose Becker, caregiver and adaptive class assistant*

“In Matthew's presentation, our staff learned that there is more to supporting our patients than just treating their physical injury or condition. By recognizing patient's whole selves—their emotions, stories and physical condition—we have the opportunity to assist them in a more complete way. The result can be that patients are helped to feel more whole and connected to themselves. Matthew empowers us as healthcare providers to consider more fully our role in supporting others by honoring the mind-body relationship.”

—*Paula Borer, Ridgeview Home Care & Hospice, Waconia, Minn.*

From Yoga Teachers

“The two days were an amazing experience in which I was honored to participate. I look forward to more opportunities in the future.”

—*Lynn M., yoga teacher*

From Traditional Students

“I consider my time in your class as one of my most valuable learning experiences.”

—*Harriet D., traditional yoga student*

“I always leave class with a new appreciation of my body.”

—*RoseAnn M., traditional yoga student*

“One of my favorite things about Mind Body Solutions is the teachers. They truly understand yoga, are well trained and also have a variety of personalities. There is a teacher to suit any student.”

—*Carolyn F., traditional yoga student*