OUR MISSION.

Mind Body Solutions transforms the lives of people living with trauma, loss and disability – and those who care for them – by helping them integrate mind and body.
humanity... disguised as yoga.

**OUR PROGRAMS**

**OPENING YOGA TO EVERYBODY**

We adapt the principles of yoga for people of all abilities. We teach new ways to live in physically difficult and changing bodies. Our work is accessible to everyone, regardless of physical or neurological ability. Through our weekly yoga classes at our studio and Courage Kenny Rehabilitation Center, we unleash the best of humanity by improving the quality of life and providing hope and healing in unexpected ways.

**OPENING YOGA TEACHER TRAININGS**

Our pre-eminent adaptive yoga teacher training is based upon the unique experience of our Founder Matthew Sanford, an award-winning author, nationally renowned yoga teacher, and paraplegic for the last 37 years. Our goal: We want a skillful adaptive yoga teacher in every community. We offer progressive levels of study in weeklong workshops as well as a Opening Yoga Certificate Program.

**HEALTH CARE PROVIDER TRAININGS**

We train healthcare professionals and organizations how to incorporate mind-body principles into everyday work life, both for themselves and for patients. The result is a double bottom line effect: Improved outcomes for both patient and caregivers alike. In our proven approach, healthcare professionals experience increases in ability to manage stress, increased commitment to their profession and their employers, as well as improved quality of life.

We also provide outreach via speaking engagements, demonstrations and classes throughout the TC Metro. For more information visit www.mindbodysolutions.org