



kiss my asana[®] YOGATHON

April 19-25

Seven Days to Shine

Join our global community for seven days as we "shine a light" on your yoga practice and its transformative benefits for people living with trauma, loss, and disability. Experience the benefits of yoga while creating positive change in the lives of people everywhere.



By participating, you'll shine a light on the global healing community at the non-profit organization Mind Body Solutions, helping individuals with disabilities find new ways to live better and more fully in the body they have.

Scan to Register
OR Donate



\$35 Registration includes the live kickoff with Matthew Sanford, 7 Days of yoga practice delivered via email, and a yogathon T-shirt.

Live Yogathon Kickoff Gathering on Zoom
April 19th at 10AM CT with MBS Founder,
Yoga Teacher, Author, Matthew Sanford



mindbody
SOLUTIONS

A 501 (c)3 Nonprofit - Transforming trauma, loss, and disability into hope and potential by integrating mind and body.