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Connecting the mind and body is not just a health strategy. It is a movement of consciousness that can change the world. --Matthew Sanford

The Body's Grace: A Paralyzed Yoga Teacher's Insights

"Matthew Sanford says he's never seen anyone live more deeply in their body -- in all its grace and all its flaws -- without becoming more compassionate toward all of life. He's a renowned teacher of yoga. And he's been paralyzed from the chest down since a car accident in 1978, when he was 13. He teaches yoga to the able-bodied. He also adapts yoga for people with ailments and disabilities, including military veterans. But Matthew Sanford has wisdom for us all on the strength and grace of our bodies, as we move through the ordinary span of our lives."

Be The Change:

Experiment with being more fully and deeply present in mind and body today.