



daily GOOD

I love being alive. I really do. And I think the way the world is going to transform is by us getting back in touch with the joy of being alive for its own sake. --Matt Sanford

Helping Others Come Alive

Each week, Matt Sanford leads disabled students -- many of whom can't walk and don't have any sensations below their midtorso -- through a series of seated yoga poses, teaching them how to bring awareness into parts of their bodies they had thought were lost to them. He is especially qualified to teach these students, as he himself is a paraplegic. Taking the funds from his lawsuit settlement and donating all of his teaching and public-speaking fees, he started a studio to serve others.

Be The Change:

Help someone with a skill that has helped you in the past.