



Matthew Sanford: Sharing Yoga with People of All Abilities



Paralyzed from the chest down at age thirteen and beginning yoga at age twenty-five, Matthew Sanford is a pioneer in embodiment, mind-body integration, and teaching yoga to people of all abilities. Explore unique insights into the universal aspects of yoga, how to share them, and the importance of living a fully embodied life regardless of one's abilities.

TOP EMBODIMENT TIP: Learn to receive.

Coming from a New Perspective: It's Not Just About Adapting the Poses

- Matt has learned more than just yoga poses despite his body; more than just different adaptations of poses.
- Teaching yoga to people with different abilities is an opportunity to **explore how prana manifests through the human consciousness. The principles of yoga do not discriminate. Yoga poses do.**
- **Exploring your own yoga practice differently** is going to be **incredibly rewarding.**

Teaching Adaptive Yoga: From the Inside Out

- Most people learn from gross body to inward realization. Instead **learn and teach from inside poses to outside. Feel sensations from inside and pass on the sensation of yoga.**
- Belonging to yoga does not require the body being able to do certain asanas. It goes into the questions of, How do poses happen? What do they feel like? **Poses are more received than you think.** Received more than asserted.
- **Connect with the moment when the whole pose seems to open up easily. That sensation is what you pass on.**
- Be amazed by the insights and the proof of how literally prana flows through the body.

Fundamental Principles in Poses to Feel Into:

- 1. Go down to go up, 2. Inner sternum is always lifted, 3. Go in to go out, 4. Space is the conduit of the inner body, 5. Subtle body reveals itself as a sensation of relief.

Closing Comments:

- **Instruct the whole body** even if a student doesn't have access to movement in all parts, **because prana follows consciousness.** Do not get caught up on how the poses look, but show how poses feel.
- **Show how to receive the parts of the pose that open the mind to receive yogic realizations.**
- There is always something miraculous going on in yoga. **Give access to those sensations in the adaptations.**

Resources

- ❖ **Books:** [Waking: A Memoir of Trauma and Transcendence \(Rodale: 2006\)](#)
- ❖ **Courses:** [Adaptive Online Training in January](#)
- ❖ **Website:** mindbodiesolutions.org
- ❖ **Social:** Instagram: [@mindbodiesolutions](#) Facebook: [mindbodiesolutions](#) Youtube: [MindBodySolutions](#)



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.