

An Evening with Matthew Sanford:

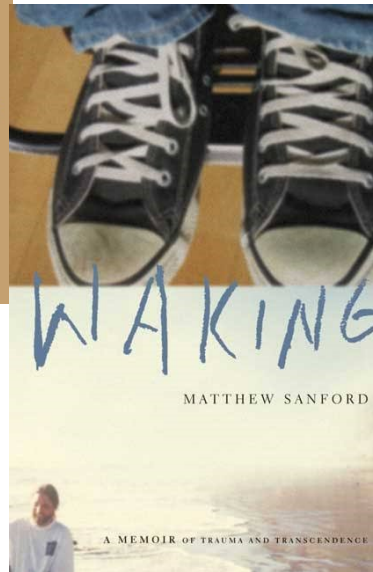
A SC Adaptive Yoga Fundraiser

At City Yoga, Thursday 2/23 @ 6 pm



"I CAME TO
YOGA BECAUSE
I GOT TIRED OF
OVERCOMING
MY BODY"

Suggested Donation \$15. Donations
benefit the 3 existing adaptive programs
in SC in Columbia, Charleston &
Greenville!



Join us for an inspirational evening that includes a talk and book signing by an expert in the process transformation through the healing power of yoga. Paralyzed from the chest down at age thirteen and beginning yoga at age twenty-five, Matthew knows firsthand the transformative effect that yoga can have on the mind-body relationship. He is an internationally recognized yoga teacher & sought-after public speaker. He is the author of the critically acclaimed WAKING: A Memoir of Trauma and Transcendence. (Rodale: 2006)

South Carolina's Adaptive Yoga Programs:

Charleston Class offered by Adaptive
Expeditions

www.AdaptiveExpeditions.org



Columbia Class offered by Dara Brown

www.DaraBrownYoga.com



Greenville Class offered by Silica
Larkin

<http://silicalarkin.squarespace.com>