



*with Matthew Sanford*



**Waking and Waking  
Again: An Interactive  
Reading and Conversation**

**Friday, June 28**

**7:00 pm - 9:00 pm**

**\$25**

Stories are the key to shifting our collective consciousness. This is how it has always been and always will be. Through reading, conversation, and story, Matthew Sanford shares insights from his yogic exploration of the mind-body relationship and how this intersects with consciousness. Matthew will read from his first book *WAKING; A MEMOIR OF TRAUMA AND TRANSCENDENCE* and his forthcoming book, the working title of which is *WAKING AGAIN*. Participants may even engage in a yoga pose or two.

All those interested in Matthew's story & his insights are invited to attend.

**Matthew Sanford** is a certified Iyengar Yoga instructor and an expert in the process of 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, and a sought-after public speaker. He is the author of the critically acclaimed *WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE* (Rodale: 2006). Matthew has also emerged as a leading voice in the integrated health movement. For more information visit: [mindbodysolutions.org](http://mindbodysolutions.org)

**Registration**

Complete your registration with our easy online registration system at [jewelyogapdx.com](http://jewelyogapdx.com)

