



# STEADFAST FREEDOM YOGA



Winter Solstice Newsletter

December 2007

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## Heartfelt Holiday Blessings!

Dear Friends,

The holiday season is the ideal opportunity to reconnect with friends and family, so we can all share in the joy of friendship and love.

I hope you are staying warm as the winter season blesses us with her splendor. I offer you heartfelt prayers for a magical, fun filled holiday season, and a happy, healthy, and peaceful New Year.

Sending radiant love and light,  
Jordan

## Private Yoga Classes Make a Great Holiday Gift

I still have a few openings in my schedule for private yoga classes.

Private classes are a wonderful way to assist you in beginning your yoga journey, or to help you refine your ongoing practice.

Special Holiday discount private class packages available:

Email: [Jordan Mallah](mailto:Jordan.Mallah)  
for more information!

## Inspirations

Approaching Solstice  
by Patricia Monaghan

Yes, friends, the darkness wins, but these short days so celebrate light

Today the lemon sunrise lasted a few hours until sunset

All day the snow glowed pink and purple in the trees.

## Welcome the Winter Solstice

December 22 marks the Winter Solstice, the first day of winter, and the shortest, darkest day of the year.

One important value of darkness rests in its nurturing quality. The dark invites us to take time to nurture ourselves, especially during the holiday chaos. Darkness is a time when all mammals choose to hibernate, rest, and relax completely.

We can take this opportunity to tune to our own breath, and receive the nourishment of the darkness. We can invite the darkness to embrace us, and hold us like the goddess herself enveloping us in her arms, as we are worthy just as we are.

As we pulse into the solstice and enjoy the lights of the holidays, we have the chance to turn inside and start to plant our seeds of intention for the New Year. The dark represents the potential of possibility, and we can manifest our deepest dreams and aspirations from the darkness, the fertile ground for creation. As the light starts to grow longer tomorrow, the fruit of our dreams can start to mature into exquisite beauty.

In addition to bathing in the darkness, this auspicious day is a time for us to welcome the sun, encourage its easy birth, and persuade it to cast its warming healing rays upon our bodies, hearts, and spirits.

On this solstice, I am reminded that Yoga is truly the practice of pulsing with the seasons of life. We must experience the dark to discern what true light is. As we face darkness and challenges, we can look deep inside and see the light of our hearts burning bright like 10,000 suns.

May we honor both the divine lightness and darkness within our own hearts.

Like offering a candle to the sun, may the luminosity of our individual light expand as we offer it to the bigger light of our community of friends and family.

Let's light up the sky through sharing our love with all beings everywhere!

This is not a time  
of black and white,  
my friends, outside  
us.

Among us, too,  
let's sing what  
winter forces us to  
know:

Joy and color bloom  
despite the night.

We measure warmth  
by love, not by  
degrees.

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## [New Years and New Moon Celebration, January 8, 2008 Glen Head, New York](#)

Please join me for a fun filled and powerfully transformative two hour yoga workshop to celebrate the New Moon in January.

The New Moon is a time for reflection, personal expansion, and healing. In this workshop, we will explore how staying steadfast and committed to our spiritual practice provides us with the clarity to make life enhancing choices. Learn how to embody divine beauty and make artful expressions with our lives both on and off the yoga mat, using Anusara Yoga's Universal Principles of Alignment.

We will set our intention for manifesting our dreams by focusing on meditation, pranayama, standing poses, forward bends, hip-openers, and sitting twists that are specifically sequenced to deepen alignment with the supreme pulsation at the essence of all life.

Feel the pulse of Spirit move through you and affirm the goodness of life to lead us to the awareness that we are supreme consciousness!

For more information, please visit: [www.yogaflowstudio.com](http://www.yogaflowstudio.com).

## [2008 Winter Teaching Schedule](#)

I am finalizing my winter teaching schedule and will send out a detailed listing of all my classes by the end of January!

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