

Subject: Steadfast Freedom Yoga News: You Are Love!



# STEADFAST FREEDOM YOGA



You are Love, You are Divine!

February 2008

## Inspirations

I am the wind and  
the stars and the  
sun,

I am the universe.

I am the gentle  
blessings pouring down  
from above.

I am thought, I am light,  
I AM PURE LOVE.

I am.

-Cathy Epstein

## Private Yoga Classes Make a Great Valentines Day 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.

Contact

[Jordan Mallah](#)

for more information!



## Feel the Warm Embrace

Dear Friends,

Greetings from snowy Brooklyn, New York! I hope you are staying warm and enjoying the magnificent splendor that this winter season has to offer us.

This February Newsletter is filled with important, heartfelt messages, and information about my new schedule, including special upcoming events. I offer this newsletter with gratitude and love to all of you; my family, friends, students, and teachers.

Namaste,  
Jordan

## YOGA- Your Opportunity to Graciously Accept Yourself

As I sit here writing under the cozy candlelight, the pure white snow flakes dance effortlessly through the sky outside, softly draping over everything in site with a sweet embrace. Mother Nature honors herself, as the snow so lovingly and fully hugs the trees.

Nature often provides us with poignant examples of how we can acclimatize to the seasons and through the play of the snow and trees, I am reminded of an essential and timely message during Valentines week:

We are Divine Love! From all the forms that the Divine could manifest, it chose to reflect its own image AS YOU!

Now is the perfect time to open your heart and fall in love with yourself! Be sweet with yourself, just as you are, the dark and the light, the liabilities, and the assets. As you learn to recognize your own resplendent beauty, you can more fully share your light with those around you.

Bathe in this time of year where love is in the air. Become STEADFAST and strong in the security of your own embrace, and then shine out radiant joy with FREEDOM in all directions.

Yoga is an invitation. Opening your heart is a way to accept the invitation, and affirm your choice to live life fully each day. Your inner love is as close as each breath, thought, expression, and action.

**Here are a few tips to help you accept the invitation to love yourself more fully:**

Take time to slowly invite the breath in and out of your nose.

Soften the breath and allow your eyes to smile.

Feel your heart swell as you acknowledge all the blessings you have in your life.

Take inventory and feel gratitude for all of the love you experience in your life.

Offer gratitude to the people in your life that support you.

Contemplate: What action can you take to honor and love yourself more fully? How can you share your love more completely with those around you?

Practice YOGA - Your Opportunity to Graciously Accept yourself!

**May you plant the fertile seeds of love for yourself deep in your heart, and commit to cultivating a bountiful harvest of ripe fruits overflowing with juicy nectar!**

## 2008 Winter Teaching Schedule

### Tuesday:

9:00am-10:15am Yoga Flow Studio, Glen Head, NY

10:45am-12:00pm Equinox, Roslyn, NY

5:30pm-6:45pm Equinox, Great Neck, NY

7:30pm-8:45pm Yoga Flow Studio, Glen Head, NY

### Thursday:

9:30am-11:00am Yoga People, Brooklyn Heights, NY

### Saturday:

10:00am-11:30am Equinox, Tribeca, NY

11:30am-1:00pm Equinox, Tribeca, NY

### Special Classes at Shri Yoga NYC, Tribeca:

Thursday, February 14, Leap of Love! 4:30pm-5:55pm

Thursday, February 21, Align with the Divine, 4:30pm-5:55pm

## Open Hips, Open Mind, Total Freedom

Your Invited: Please join me for a very special workshop on **March 25th, 2008 from 7:30-9:30pm.**

Release Stress, Reduce Tension, and Find Inner Balance in this powerfully transformative and playful two hour workshop.

Learn to create space in the hips, mind, and entire being. Experience greater freedom in the lower back, allowing you to walk, sit, and move with more ease and comfort.

The hips are the storehouse for our emotions, holding the creative power for the mind and body.

Discover the deep energetic benefits and freedom of expanding the pelvic floor and allow your life to blossom in new ways!

**Slow down and dive deep, swimming in the inner currents of joy!**

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

## Love After Love

The time will come when, with elation you will greet yourself arriving at your own door, in your own mirror and each will smile at the others welcome, and say, sit here. Eat.

You will love again the stranger who was your self. Give wine. Give bread. Give back your heart to itself, to the stranger who has loved you all your life,

whom you ignored for another, who knows you by heart. Take down the love letters from the bookshelf, the photographs, the desperate notes, peel your own image from the mirror. Sit. Feast on your life.

~Derek Walcott