



STEADFAST FREEDOM YOGA



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Private Yoga Training:

Your body is individual, and your yoga practice could be also. Traditionally yoga was taught one on one, tailored to the individual needs of each student.

Private yoga training allows you to honor exactly what your body needs, and take your practice to the next level!

Therapeutic private training can help you be free from chronic pain and heal from injuries.

To schedule private training sessions, contact



The Garden of Life

Dear Everyone,

Summer Blessings of sunshine and radiant expansion!

As the conclusion of summer approaches, the harvests of the heart (and the garden) are nourishing and abundant.

As I sit in my bio-intensive organic garden (pictured above) here in Brooklyn, I marvel at the expanse of life blossoming right in front of my eyes. The bumblebees are feeding on the luscious eggplant flowers, the tomatoes are a feast for the eyes and the belly, proudly displaying succulent shades of pink, red, orange, and yellow. Snap peas and cucumber plants overflowing with food climb high up the trellises, reaching for the sunlit sky. The glistening peppers magically change their color daily, morphing from forest green to golden orange. The burgundy beets are dancing in the dirt, and all the delicious culinary herbs continue to grow like wildflowers, as gorgeous varieties of birds hang from the feeders and sing their serenade of the heart. The compost has transformed from kitchen scraps into dank, rich soil, and this extensive activity weaves a garland of beauty that soothes the mind and spirit.

This summer newsletter is filled with important information about how we can more fully harvest the abundance of the heart. Also, please find my updated schedule, information about upcoming workshops (including an inversions workshop in Brooklyn and a yoga and wine evening in NYC) and a guest pass for the posh new Pure Yoga studio that just opened on the Upper East Side in NYC.

May all of your days be filled with expanding beauty and light!

With radiant gratitude and in service of the cultivation of the heart,

Jordan

Jordan Mallah
for more information!



Dear Loving Students,

I am pleased to announce that I have recently joined the teaching staff at Pure Yoga, a luxurious new studio on the Upper East Side. Pure Yoga offers 25,000 square feet of luxury studio space that has been designed to complement your physical and spiritual growth as a yogi. Pure Yoga offers 19 styles of yoga taught by some of the most respected teachers in New York.

I am currently teaching at Pure on Friday evenings from 4:00-5:00pm and 6:30-8:00pm, and would like to extend a personal invitation for you to experience Pure Yoga. **Bring in this email to be my guest and enjoy a complimentary 1-day pass.**

Namaste,

Jordan Mallah

Summer Harvest of the Heart

Just as the vegetable plants are manifesting into the fullest expression of their divine form, the abundant harvest of late summer provides us with the opportunity to align with nature and start to expand into the fullness of our courageous heart.

The Tantra teaches us that we are all free to weave the web of life as we choose. The possibilities of what we can craft are limitless, and it is up to us to create and participate in our reality.

Embracing yoga gives us the opportunity to shift our experience and expand our spirited heart. The forms or asanas we take help shape our consciousness.

In times when you feel the need to be uplifted, try this effective centering:

Take a comfortable seat. Start to swell with goodness and light on the inside, like a ripe organic tomato filled with luscious juicy flavor.

Allow the chest to inflate on all sides evenly. Fill up with the breath in the front and back of the lungs.

Draw the top of the ears and the shoulders back. Let the heart expand wide and free towards the luminous sky.

Take a posture that reflects the highest aspect of yourself! Staying full on the inside, soften your skin down onto your bones and take your seat of honor and worthiness. Allow the breath to flow free and smooth.

Enjoy the mental clarity and become deeply at peace with richness inside your being!

REMEMBER:

You are an empowered, creative expression of divinity.

As the summer shifts into new and expanding forms, make a commitment to open to the vitality of love and light inside and share you radiance with those around you.

Yoga invites us to sing the inner song of the self. Like the birds in the majestic garden, share your song, so we can become a great tapestry of consciousness woven with the light of each other!

New York Public Class Schedule

Tuesday:

10:45am-12:00pm

Equinox, Roslyn

5:30pm-6:45pm

Equinox, Great Neck

Wednesday:

6:30-8:00pm

Yoga People, Brooklyn Heights

Friday:

4:00-5:00pm

Pure Yoga, Upper East Side

6:30-8:00pm

Pure Yoga, Upper East Side

Saturday:

10:00-11:30am

Equinox, Tribeca

11:30am-1:00pm

Equinox, Tribeca



Handstands from The Heart:

September 20, 5:30-7:30pm:

Yoga People - Brooklyn, NY

Please join Tara Glazier and I for an uplifting, inspiration, upside down and inside out exploration of handstands!

Yoga and Wine: A Divine Pair

Friday Night Fun coming this Fall!

Martin Sinkoff, a master wine importer, and I will be teaming up to deliver an unforgettable evening of yoga and wine tasting! **Come join us on the Upper East Side at Pure Yoga and find out why Yoga and Wine are a Divine Pair!**

Details Coming Soon.

Beauty Tips

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; Never throw out anybody.

Remember, If you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

by Sam Levenson (made famous by Audrey Hepburn)

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