



STEADFAST FREEDOM YOGA



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Training:**

**Are you feeling
stressed out and
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**Are you unsure of
what to get your
loved ones for the
holidays?**

**Look no further and
give the gift of
health!**

**Private Yoga
Training is
specifically tailored
to your individual
needs, both
physically and
mentally.**

Chose from one or all

Happy Thanksgiving!

Namaste Jordan,

As the holidays approach during this challenging economic time, it is my clear intention to help you learn how to utilize your yoga practice to calm your mind, strengthen your body, and restore a sense of peace and well-being in your life.

The cold weather creates an ideal time to come inside to the warmth of a yoga class, and snuggle up with the radiant light of your truest essence.

This fall newsletter is filled with a variety of offerings that help you attune to the highest place of goodness inside and cultivate an **Attitude of Gratitude**. Also, please find my **updated schedule** and information about upcoming events (including a very **special Hand Balancing workshop at Pure Yoga** on December 6th from 2-4pm!)

I hope to see you all soon, so we can delight in the blessing of **Giving Thanks together!**

With warm blessings of deep gratitude for all of my students and teachers,

In light and service,

Jordan

Thanks Giving: The Attitude of Gratitude

Every full moon the villagers in Peru where I served as a Peace Corps volunteer gather and ride their donkeys to the one community telephone. If the signal is functioning, much to my delight, I receive the gift of a loving phone call.

A few nights ago, when the brilliance of the autumn moonlight slowly cascaded through my window in Brooklyn, my cell phone rang. When I answered, my smile was immediately illuminated by the enthusiastic voices of my friends in La Grama.

After our usual chitchat about the mango and avocado harvest, the villagers proudly explained that they organized a campaign for the rights of the children in La Grama. With curiosity I asked what rights they were referring to. They exclaimed, "Education so our children can learn and advance. Access to basic health care. Clean

of the following options:

Yoga Therapy to relieve any pain in your body

Meditation and Breathe to calm your mind and soothe your spirit

Physically challenging or relaxing postures to help you lose weight, lower blood pressure, and restore a sense of peace and well-being to your life

To schedule private training sessions, contact

[Jordan Mallah](#)

DECEMBER **2008 FIT YOGA** **FEATURE!**

Seeds of Change: A Sustainable Solution to Living and Eating Healthy!

This months issue of Fit Yoga features a 3 page full color spread of my garden in Brooklyn with an article I wrote called "Grow it Yourself"

Check it out on Newstands All Over

drinking water."

Following the conversation, I sat down to quietly contemplate our discussion. I fell into a deep meditation and a feeling of deep gratitude washed over me, like a potent ray of sun streaming through the clouds to warm my spirit. In that moment, I picked up my pen and carefully crafted an extensive list of people and places that have helped shape my life. Taking time to remember all of my blessings launched the ship of my soul toward a spectacular place inside, and inspired me to share these contemplations with all of you, my students, teachers, and friends.

November, a month wrapped in its holiday of appreciation, is the ideal time to practice cultivating the mindfulness of gratitude. During Thanksgiving, when we gather with family to reflect on all of our opportunities and gifts, we feel more connected to the joy and wonderment of life. We create the clarity of mind that is fundamental for spiritual development.

Focusing on the good enables us to realize that our cups are half full rather than half empty, and from that life affirming perspective of abundance, feelings of generosity arise. We gain awareness and inspiration to offer more love and support to those in need, both in our own community and all around the world.

Practicing gratitude directly leads to increased life satisfaction, and a decrease in negative feelings. With amplified levels of optimism, we can meet life's difficulties with a clear, open heart. Offering thanks encourages us to look beyond the superficial everyday constructs that we form in our minds, and provides us with a deeper, more refined appreciation for the miracle of life as it unfolds moment by moment. We realize what truly matters, and our daily experience becomes more easeful. From that vision of our truest and highest reality, life expands and we taste the Ananda, or supreme bliss, that always resides deep inside of our heart.

Each day I seek to embrace an attitude of joy, acknowledging each person as a potential teacher or student. We learn from one another when we open ourselves to the realm of possibility. It is here, we grow most thankful. From the smile of a stranger to eager voices from Peru, I pause to acknowledge the sweet song of unity that permeates our being.

Each breath is a miracle, a moment of Thanks Giving, and a chance to give of ourselves through compassion and strength, in the spirit, the energy, that is our all.

In this time of Thanks Giving may we honor and appreciate the

daily gifts bestowed upon us in order to expand and delight in the miracle of life.

May we all celebrate this season in colorful hues of thanks and childlike enchantment.

May we be fulfilled, in this very moment that we live it; right here, right now.

May our outreached hands join in a single healing touch to support the world with our love, compassion and strength.

May we offer our children a hope for tomorrow, bathed in the wonder of both clean water and open hearts.

I offer deep gratitude for all of you,
For this powerful practice of yoga,
And for the precious process of expanding our consciousness together!

New York Public Class Schedule

Tuesday:

10:00am-10:30am Equinox, Roslyn Roslyn

10:30am-12:00pm Equinox, Roslyn
5:30pm-6:45pm Equinox, Great Neck

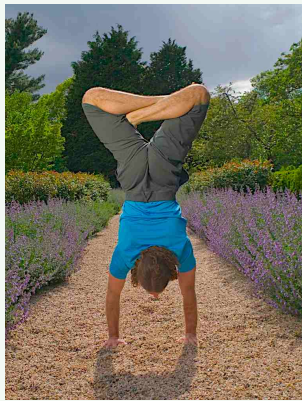
Friday:

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





Handbalancing from The Heart

**December 6th, 2:00-4:00pm at Pure Yoga
(203 East 86th)**

Experience transformation when you learn to skillfully play the edge of your experience and reveal your highest potential as you surf the air with grace, making arm balances playful, smooth, and fun.

Take the journey to access the deep place of balance in your heart, and on your hands!

Learn all the necessary principles and actions to fearlessly and skillfully move into multiple arm balances, including handstand!

This inspiring workshop will lead students seamlessly through a specific sequence of postures targeted to open the upper body and shoulders while strengthening the core.

Soar to new heights and fly to places higher than you have ever been before! Open to all levels. \$40 members, \$50 non-members: Call 212-360-1888 to Register!

Hands on Adjustment Workshop

with Jordan Mallah and Ashleigh Altman

Saturday, January 17th 2:30-5:30 PM

In this special teachers workshop, learn how to:

Soften and be sensitive to the energy of your students

Safely and effectively help your students enhance their poses by recognizing common misalignments

Stabilize students while manually assisting them

Alleviate common pains and discomforts in postures by using hands-on therapeutic techniques for injuries

Absolute Yoga Studio, Woodbury: AbsoluteYogaStudio.com

Call (516) 682-9642 to register, \$60

Yoga and Wine: A Divine Pair

Friday Night Fun coming this Winter

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.

This Week I Asked Students "What Are You Grateful For?" You Replied:

Red Wine and Sundays, The Children of the Earth, My Fathers Recovery,
The Path That I Am On, My BREATH, My Strong Legs So I Can Do Yoga,
Teachers Who Practice Light, Being Loved And Being Able To Love,
The Simple Pleasures Of Life,
Family, Friends, And Teachers, Blue Skies, Green Tea,
For Open Doors and Warm Welcomes, The Songs That My Heart Sings,
Blazing Sunsets, The Smile Of My Daughter,
Conversations With God