



STEADFAST FREEDOM YOGA



Spring Awakening

May 2008

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The Season for Expansion

Dear Jordan,

Greetings and Happy Spring, nature's way of saying "Let's Party!"

Yoga is the invitation to celebrate each day with radiant health, and to live more authentically with a deeper sense of relationship to nature and each other.

Yoga is the invitation to engage every experience with empowerment and expansion.

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 [Jordan Mallah](#) for more information!

You are infinite. You are eternal. You have the seeds of greatness embedded within you!

Practice aligning with your true nature by repeating these powerful affirmations:

Yoga is the invitation to tap into our greatness. When we practice yoga, we affirm our true nature.

As the cold darkness expands into warm radiant days, transformation and fresh growth blossom both outside and in our hearts.

During this season of splendor, I offer gratitude for the opportunity to share this practice of yoga with my wonderful students.

I give thanks for all of my blessings, especially my family, friends, and teachers.

It is from this deep place of appreciation that **I invite you to participate in a special yoga workshop to benefit the indigenous Andean villagers of Peru** where I served as a Peace Corps Volunteer! (Scroll down for more details)

Also in this newsletter, learn three essential steps for positive transformation to unfold in your life, both on and off the yoga mat!

I look forward to seeing you soon, so we can rejoice in the joy of life and spring together!

With love, dedication, and abundant blessings,

Jordan

Spring Awakening

With the glory of spring in her fullest expression, now is the time to cultivate your deepest heart's desires and create space for transformation in your life. Now is the season for expansion, a time when you can open yourself to achieving your truest dreams, and see the world with fun, fresh eyes.

There are three essential steps for positive transformation to unfold in your life, both on and off the yoga mat.

The first essential step to live more fully from an authentic place is to **set your intention, and lovingly place it on the altar of your heart.**

The second step to align with your highest self is to **nourish your intention, and actively participate in the effort required to nurture your deepest heart's aspirations.**

Finally, as you start to bear the fruit of your intention, **take time to bathe in the light of your accomplishment. Honor yourself for having aligned with your truest heart, and celebrate your**

My heart sings the song
of spring.

I experience love and
blessings everywhere I
turn.

Being who I am is the
greatest gift I can give to
others.

Everything I touch
prosper.

I am happy and at peace.

I have everything I need
already inside of me.



exquisite beauty!

To embody these concepts on your mat, make each physical asana an expression of your highest intention.

What are your deepest aspirations for transformation, and how can you plant, cultivate, and harvest your truest dreams and desires?

How in your practice can you be Open To Grace, the first principle of Anusara Yoga, and what does that mean to you?

The cultivation of your intention is held in the next two Universal Principles of Alignment of Anusara Yoga, Muscular Energy and Inner Spiral.

Muscular Energy is embodied when you engage the muscles evenly with balanced effort, and lovingly hug the muscles to the bones.

Then, keeping the engagement of your sweet embrace, start to Inner Spiral the legs and widen the pelvic floor by drawing the inner thighs and pelvis in, back, and wide, to create space for transformation to flow in.

The fourth principle, Outer Spiral, when the tailbone lightly tucks under and draws you into your core, allows you to become grounded and rooted.

Finally, the last principle, Organic Energy, encourages you to joyfully shine energy from your core out in all directions, expanding like a blossoming flower, beaming with freedom!

May you welcome the spring sun and plant the seeds of transformation deep in your soul. May you find the strength to nurture those seeds, and celebrate the opening of your heart.

Gratitude in Action:

A Yoga Workshop Benefiting the Villagers of La Grama, Peru

**Tuesday, May 27th, 2008 7:30-9:30pm
Yoga Flow Studio, Glen Head, NY**

Join me for an uplifting yoga workshop to benefit the rural indigenous Andean villagers of La Grama, Peru, where I spent 2.5 years as a Peace Corps Volunteer.

Unfold the Lotus of the Heart, relieve stress, and open the tightness in all areas of your body with standing poses, hip

openers, and backbends.

Learn how to cultivate inner awareness, motivate for positive social change in the world, and celebrate the bountiful blessings in your life!

The evening will include a **Peruvian photo exhibition, as well as a special raffle!**

100 percent of the net proceeds will be donated to La Grama, Peru, to support sustainable health related projects for rural farm families, and to help curb chronic malnutrition in children.

Suggested minimum donation \$50. To register, or if you cannot attend and would like to donate to this worthwhile cause, email Jordan@steadfastfreedomyoga.com.

The Return to Peru: A Journey of Joy and Suffering

In the splendor of the Peruvian Andes, an exceptional journey manifested itself before my eyes. The Land of the Ancient Sun God welcomed me back in an astounding reunion that was overflowing with sweet embrace... [\(To read an article about my most recent trip to Peru click here for more!\)](#)

Spring New York Teaching Schedule

Monday: 7: 15pm-8: 45pm Equinox, Roslyn

Tuesday:

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

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

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

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

Wednesday: 6: 30-8: 00pm Yoga People, Brooklyn Heights

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

Garden Magic

This is the garden's magic, That through the sunny hours, The gardener who tends it,
Himself outgrows his flowers.

He grows by gift of patience, Since he who sows must know, That only in the Lord's good
time Does any seedling grow.

He learns from buds unfolding, From each tight leaf unfurled, That his own heart,
expanding, Is one with all the world.

He bares his head to sunshine, His bending back a sign, Of grace, and ev'ry shower
becomes His sacramental wine.

And when at last his labors, Bring forth the very stuff And substance of all beauty, This is
reward enough. -Marie Carroll