



# STEADFAST FREEDOM YOGA



Hope is Alive!

February 2009

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**Maximize your Life,  
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Yoga Private  
Training:**

Your body is individual  
and your yoga  
practice could be too.

Be kind to your body  
and mind.

Alleviate everything  
from stiff backs and  
sore muscles to low  
energy and work-  
related stress.

Sleep better at night,  
learn to relax, lose

## From Every Mountainside, Let Freedom Ring

Namaste Students and Friends,

As the winter snow elegantly drapes New York in her fullness, I see this white blanket as one of many symbols representing a new emerging paradigm of fresh beginnings of expanded freedom for people everywhere.

Now is the time, with fierce urgency, to be courageous and create your dreams for your own awakening. When you truly seek freedom in your life and fearlessly pursue your highest aspirations, they will manifest.

When life is challenging, hold true to spirit. If there is chaos on the outside, get stronger on the inside. Remember, beauty is resilient, triumphant, and indomitable. **Now is the time, and yoga is the tool, to help us find freedom inside and out.**

This Newsletter contains valuable offerings that can help you live from a place of courage in your heart, so you can start to create all that you have ever dreamed of, and feel **Free at Last**. Also, please find my **updated schedule** and information about upcoming events (including **Yoga and Wine: A Divine Pair** on Feb 20th from 8-10pm!)

I would like to express my gratitude to all who have supported Steadfast Freedom Yoga so graciously in 2008. I have grown tremendously as a result of your encouragement, guidance and love, so I thank you from a place deep in my heart. Blessings of Peace and Courage! Let Freedom Ring,

Jordan

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### Yoga and Wine: A Divine Pair

Martin Sinkoff, a master wine importer, and I will be teaming up to deliver an unforgettable evening. **Come join us on Friday evening, February 20th from 8-10pm on the Upper East Side at Pure Yoga and find out why Yoga and Wine are a Divine Pair!**

Become more attuned to all of your senses through a powerful flowing yoga practice followed by a fun and exploratory wine tasting.

weight, and feel great about yourself!

Now offering:

\*Yoga Therapy

\*New beginner's yoga training

\*Advanced yoga training

\* Meditation training

\*Corporate Yoga

\*Yoga Parties

To schedule private training sessions, contact [Jordan Mallah](#)

[Steadfast Freedom Yoga Website](#)  
[Enhanced](#)

Now with even more resources and opportunities to help you live the life you have always wanted to create!

Check out the new [Press and Gallery page](#) with photos from [Live Modeling in the window of](#)

Explore the palate, where the mind and heart connect, and learn how to age as gracefully as a fine wine!

Open to all levels! So bring your husbands, wives, and friends!

Pure Yoga 203 E. 86th St. at 3rd Ave - **This workshop is filling fast! To register call 212.360.1888** Cost: Member \$50, Non Member \$60

[Click here for Brochure!](#)

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Free at Last

One of my favorite ways to start the New Year is by watching Dr. Martin Luther King's "I Have A Dream" speech. Dr. King's concept of "somebodiness," which symbolizes the celebration of human worth and the conquest of subjugation reminds me that that today is the day to act with fierce urgency, to be courageous and line up with our truest dreams.

"We will be able to emerge from the bleak and desolate midnight of man's inhumanity to man to the bright and glittering day break of freedom and justice."

In Dr. King's speech, his bhavana or attitude is awesomely powerful because he believes in his dreams, and is courageous enough to make them a reality through proactive positivity and perseverance.

A positive attitude, in addition to boosting our immune system for improved health, motivates us to have the confidence and commitment to courageously shift the way we view ourselves and everything around us.

When we resolve to be grateful for all of the positive things in our life and visualize the tangible creation of our deepest dreams, we will be steadfast and take control of our life. Now is the time, in this second, to think consciously about our words, thoughts and actions, for they possess great power. We must give ourselves the gift of time to ponder, plan, and visualize our freedom. **Now is the time to challenge our current situation by exploring new opportunities, stepping outside of our comfort zone and finding new dreams to create.** Let's work together to nurture ourselves and encourage each other to take action and create our dreams.



**When we line up our body, mind, and heart through the practice of yoga, small changes in our lives can have a dramatic impact.** When we change the way we look at things, the things we look at will change. Enjoy this day as there will never be another one like it, and together let's imagine Dr. King's vision that we are all, indeed, free at last.

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## New York Public Class Schedule

### Tuesday:

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

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## Hands on Adjustment Workshop

with Jordan Mallah and Ashleigh Altman  
Saturday, March 14th, 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 Woodbury: [AbsoluteYogaStudio.com](http://AbsoluteYogaStudio.com)

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

From every mountainside, let freedom ring. And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!" - Dr. Martin Luther King Jr.