



# STEADFAST FREEDOM YOGA



## *Yoga & Organic Wine*

### *A Divine Pair*

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**Join yoga teacher extraordinaire Jordan Mallah  
and sommelier Owen Kotler on  
November 13, 2009 from 8:00-10:30pm at  
Pure Yoga (203 E. 86th St. at 3rd Ave)**

- *Step into the flow and enjoy an unforgettable evening with a powerful yoga practice followed by a fun and exploratory wine tasting.*
- *Relieve stress, take a much needed break, and learn how to integrate the gift of yoga to experience the fullness of your own consciousness.*
- *Explore the palate, where the mind and heart connect, and learn how to age as gracefully as a fine wine!*
- *People of all levels and ability of yoga and wine are welcome!*

To register call 212.360.1888 Cost: Member \$60 Non Member \$65

Jordan Mallah, an Anusara-Inspired Yoga teacher from Brooklyn, New York, has taught and practiced yoga in the US and internationally since 1996. Through Jordan's powerful hatha yoga classes students are empowered to discover their fullest potential and to explore their playful, creative essence.

Owen Kotler is a well known sommelier and concert clarinetist. He specializes in organic and biodynamic wine distribution for Artisan Wines. His deep knowledge and love for yoga and wine shine in his skillful, interactive, and uplifting wine presentations.