

**Subject: Find Balance Now! (Ask Me How)**

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# STEADFAST FREEDOM YOGA



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**Private Yoga  
Training:**

**Maximize your Life,  
Transform your  
Health, and Find  
True Balance with  
Steadfast Freedom  
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  
weight, and feel great

Dear Community of the Heart,

This summer newsletter is about **creating balance in our lives** so we can ride the waves of the current moment and savor the beauty of each day.

What does it mean to live fully in the present moment? It means that our awareness is completely centered on the here and now. We are not worrying about the future or thinking about the past. When we live in the present, we are living where life is happening, allowing ourselves to experience the gift of now.

**Please scroll down to find tips that will help you find more balance in your life TODAY!**

Start by checking out my **updated class schedule**, information about an amazing **New Years yoga retreat to Peru**, details to attend a **free outdoors class** I am teaching at a festival in Central Park on Saturday, the **return of yoga and wine**, and more!

Remember, Life is a gift. Yoga is its blessing. **Accept the invitation to open the gift of balance and live fully in the present.**

May you surf the waves of each day with delight!  
With summer blessings of love and gratitude,

Jordan

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**UPDATED: New York Public Class Schedule**

**Tuesday:**

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

**Wednesday:**

**5:30-6:30pm      Equinox, Greenwich (Starts Oct 7th)**  
**7:15-8:45pm      Equinox, Tribeca**

**Friday:**

4:00-5:00pm        Pure Yoga, Upper East Side

about yourself!

6:30-8:00pm

Pure Yoga, Upper East Side

Now offering:

\*Yoga Therapy

10:00-11:30am

Equinox, Tribeca

12:00-1:30pm

**Equinox, SoHo (Starts Sept 12th)**

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\*New beginner's yoga training

\*Advanced yoga training

\*Meditation training

\*Corporate Yoga

\*Yoga Parties

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

**New Year's Yoga Retreat to Machu Picchu, PERU:  
Only 2 spots Left!**

December 27, 2009 - January 3, 2010

Join Anusara Yoga Teachers Jordan Mallah and Zhenja La Rosa for a once in a lifetime retreat!

**Experience** the magical embrace of Peru.

**Share** the gifts of this life and the blessings of yoga during the holiday season as you set intentions for the new year.

**Rejuvenate your body and spirit** with an expansive yoga retreat that culminates with a spiritual ascent to Machu Picchu, one of the most sacred sites on earth.

Travel with Zhenja and Jordan to the Sacred Valley in southern Peru for an exciting yoga retreat at the Hanaq Pacha Retreat Center just outside of Cusco. During our stay, we will have two daily yoga practices plus ample free time to explore Cusco and meet the children at the Casa de Milagros, a local orphanage sponsored by Hanaq Pacha. **On New Year's Eve, we'll hike part of the Inca Trail and see the sun rise over Machu Picchu,** one of the most sacred sites in the world.

Investment: \$2000: Cost includes all meals, lodging, land transfers. Does not include flights.

**There are only 2 spots left for this retreat, so sign up now to reserve your spot!**

For more details, please contact Zhenja La Rosa at [zhenjalarosa@gmail.com](mailto:zhenjalarosa@gmail.com) and visit <http://www.steadfastfreedomyoga.com/peru-retreat/>

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## Yoga and Organic Wine: A Divine Pair

Come join Jordan Mallah and sommelier Owen Kotler on Friday evening, **November 13, 2009 from 8-10:30pm** on the Upper East Side at **Pure Yoga** and find out why Yoga and Organic Wine are a Divine Pair!

**Relieve stress, take a much needed break, have fun, and learn how to integrate the gift of yoga to experience the fullness of your own consciousness.**

Step into the flow and enjoy an unforgettable evening with a powerful yoga practice followed by a fun and exploratory wine tasting.

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

**Mark your calendars now! To sign up call 212.360.1888. Cost: Member \$60, Non Member \$65**

**[Click Here for Brochure!](#)**

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## Free Yoga Class in Central Park

**This Saturday, Aug 29th from 1:00-2:00PM!**

**Join me this Saturday at the Adventures NYC Festival for a free outdoor yoga class near the Central Park Bandshell at 72nd Street!**

Designed to encourage New Yorkers to take advantage of the parks and natural resources just outside their doorstep, The New York City Department of Parks & Recreation, with Backpacker Magazine, turns the Big Apple into the country's largest urban adventure playground.

In addition to my yoga class, the festival will also feature High-flying trampoline performances, rock climbing, a Kayaking Center, slack lline lessons, bike helmet giveaway program, Arts & crafts, Live music, and more!

For more information visit:

<http://www.nycgovparks.org/>

Meditating on the beach last week, I experienced a delightful glimpse of balance in my heart, which created a profound freedom inside. The moon was rising in the east, and the mango sun was setting in the west. I sat peacefully in between, letting the universe breathe me in the present moment, as waves of grace washed up on my energized feet.

In this place of equilibrium, I felt deeply connected to nature and united to my highest, truest, most authentic light. The pulse of spirit flowed through me, as I bathed in the moment, concerned only about the creatively infinite possibility of each breath.

**The invitation to engage yoga offers us the opportunity to surf the waves of beauty in our lives, and to find and savor the balance that pulses constantly with playful expansiveness.** When we live in the here and now, each moment holds the potential to turn obstacles into opportunities ... the option to create our lives rather than let circumstances define our reality.

Find balance in your life by choosing to embrace each day as an experience, not oppose it as a problem to be solved. **Pay close attention to all the light and love around you, and taste the nectar of each interaction.** The beauty in life comes with our capacity to appreciate every moment, the place between what is behind and what's ahead, the place of the present.

**Here are four tips to help you live more in the present:**

1. Turn off the iPhone, shut down the laptop (after you finish reading my newsletter of course), find a doorway and experience what's outside. Don't just watch. Don't just stare. Participate in what's out there. **Smell the flowers, watch the clouds pass by, swim in the ocean!**
2. Take off your head phones, close your eyes, and really open your ears. Deepen your breath. Don't just listen. Hear and feel your breath. In and out. In and out.
3. Make the conscious choice to take life more slowly (I keep telling myself that!) **Walk, don't run.** If you usually take a shower, try taking a bath. If you're always late, cut something out of your day so you're early instead. Sit quietly, try to forget that extra load of laundry, take a short walk, pause.
4. Next time you eat a piece of fruit, **close your eyes and chew very slowly.**

**Think about today, and tomorrow will unfold as it should!**

**Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. ~John Lubbock**

Explore <http://www.steadfastfreedomyoga.com> for more inspirations!