

**Sent:** Friday, November 06, 2009 8:30 AM

**To:** jordan@steadfastfreedomyoga.com

**Subject:** Radical Expansion in a Time of Celebration!



# STEADFAST FREEDOM YOGA



## Radical Expansion in a Time of Celebration!

Nov 2009

### In This Issue

Yoga and Organic Wine: A  
Divine Pair

Jordan on the Radio

Peru Benefit Workshop

The Journey to Anusara  
Certification

New York Public Class  
Schedule



Dear Students and Friends,

This fall newsletter is filled with useful updates, information and news of events that you won't want to miss, and many of them are **happening NEXT WEEK**. Read on for all of the juicy details!

For starters, in this season of Thanksgiving, I want to offer deep gratitude to all of my family, teachers, students and friends for their support over the years while I was working toward my **Anusara Certification**. **After more than 13 years of yoga practice and study, I have finally achieved this great milestone**, and I am honored to be part of this inspiring community of the heart!

## 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  
about yourself!

#### Now offering:

\*Yoga Therapy

\*New beginner's  
yoga training

\*Advanced yoga  
training

\* Meditation training

\*Corporate Yoga

\*Yoga Parties

To schedule private

Although fall is often considered a time to turn inward, this season for me has been one of Radical Expansion and now, with my Anusara Certification, a time of incredible Celebration. I want to share this uplifting energy with you.

**This upcoming week is filled with activities to inspire and motivate all of my students as we celebrate this time of giving thanks for the abundance in our lives.**

To start the celebration, please tune in to [Blog Talk Radio](#) on Wednesday, Nov. 11, from 6-7 p.m., to hear me interviewed live as a Passioneer, someone who is committed to living their dream. [\(Click here for more great information and details!\)](#)

Then on Friday, Nov. 13, help me launch the weekend right as we gather to celebrate with [Yoga and Organic Wine, A Divine Pair](#). This event is a great way to meet people and savor the merging of two of life's great delights: yoga and wine. [Please click here to sign up today so we can plan accordingly!](#) If that's not enough this week, the party continues Saturday morning, Nov. 21, when we raise awareness and funds to build a school in Cajamarca Peru. The event will include a Peruvian photo exhibition, "The Spirit of the Andes."

In addition, I want to share with you an intimate look into my life, "The Journey to Anusara Yoga Certification." This intriguing compilation of nine separate yet intricately woven writings [\(starting with my Bar Mitzvah speech\)](#) includes speeches and contemplations I delivered between ages 13 and 30! **Scroll down below to click on any of these fascinating articles.**

Looking ahead, stay tuned for two exciting new projects I am working on including:

**1. The formation of my new non-profit, The Steadfast Freedom Foundation**

**2. Sunara Sail, an exhilarating new venture I am partnering on which offers health and eco-conscious yoga retreats on world class luxury sailing yachts to the Caribbean. The first trip leaves at the end of January!**

Finally (for now!), please check out my newly updated website, which includes a page for [client testimonials](#) and more! To

training sessions,  
contact  
[Jordan Mallah](#)



share your story, please [click here!](#)

**Again, I offer you my deepest gratitude and love during this time of Thanksgiving!**

Sapremakulasmaranam,  
With affectionate remembrance of the Community of the Heart,

Jordan

\*\*\*\*\*

### **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! [Please click here to sign up](#) or call 212.360.1888. Cost: Member \$60, Non Member \$65**

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

\*\*\*\*\*

**The Passions and Possibilities Radio Program**  
**Wednesday, November 11, 6-7pm!**

Tune into Passions and Possibilities radio program on November 11th as we interview Jordan Mallah, a bold, talented individual who has leaped fully into his passion for serving others in the world. **That is, he stopped playing small and is living very LARGE!** Listen as Jordan shares his ups, downs, tips, and wisdom, as he stays committed to his dreams, regardless of circumstances. We hope to inspire others who may be scared or discouraged about their own leap. We air at 6PM on Wednesdays, and we invite you to join us live with questions or in archive. We love your participation! Happy Passionering!

**[Click here to TUNE IN!](#)**

\*\*\*\*\*

**Gratitude in Action:**  
**The Art of Thanks-Giving and Receiving**

**A Yoga Workshop Benefiting The Villagers of Santa Barbara, Peru**

Please join me on Saturday, November 14 from 10:00-11:30am at the Equinox in Tribeca for an uplifting yoga workshop to benefit the building of a new school in Santa Barbara, Cajamarca.

Learn how to cultivate inner awareness, motivate for positive social change in the world, and celebrate the bountiful blessings in your life by finding a sweet balance between giving and receiving.

The day will include a Peruvian photo exhibition, "The Spirit of the Andes."

**100 percent of the proceeds will be donated to Santa Barbara, to support a new school being built in a community that has no access to education.** Suggested donation \$15.

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

\*\*\*\*\*

## The Journey to Anusara Yoga Certification

The threads ... the fabric.

The waves ... the ocean.

The individual memories, pieces of colored kaleidoscope glass, shifting and tumbling before coming to rest as a beautifully constructed whole. But only for an instant, before shifting again.

A Bar Mitzvah.

An adolescent appeal for social action.

Meditation before dawn in an ashram in India.

Insane hours working for a U.S. Defense Department contractor helping to expedite the flow of military supplies.

**Anusara Certification. Another piece of the wonderful fabric of my life.**

Every step I have taken has brought me to this very point on my path. Just as every step I take moves me closer toward the home in the cave of my heart. So, I am grateful for every step, aware that every step is part of the journey, part of something larger, a ripple in the field of which I am part, to which I am connected, that I both affect and am affected by.

**Tantra, the community of the heart, the weave of which I am a part, presents a new thread, a new layer, a new piece of beautiful glass in the kaleidoscope.**

**Please enjoy this rare and intimate look through the lenses of a seeker, on a path to serve the highest light of the heart!**

[June 15, 1991: 13 Years Old - Bar Mitzvah Speech, New York](#)

[October 4, 1995: 17 Years Old - Yom Kippur Speech, New York](#)

[May 6th, 2000: 21 Years Old - Teacher Training, Swami Vivekananda Kendra Yoga Ashram, Southern India](#)

[June 12, 2001: 22 Years Old - Corporate America Life: The eyes are smiling but is the heart? Northern VA](#)

[June 12, 2003: 24 Years Old - Teacher Training, Sivananda Yoga Ashram: Catskill Mountains, New York](#)

September 4, 2004: 26 Years Old - One Year in Peace  
Corps: La Grama, Peru

February 17, 2005: 26 Years Old - Loving Peru, Dreaming  
of New York: La Grama, Peru

June 23, 2006: 28 Years Old -Working for John Friend,  
Costa Rican Shakti

March 15, 2009: 30 Years Old - Applying for Anusara  
Certification: Brooklyn, NY

\*\*\*\*\*

### New York Public Class Schedule

#### Tuesday:

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

#### Wednesday:

**7:15-8:45pm        Equinox, Tribeca**

#### 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  
12:00-1:30pm       Equinox, SoHo

#### December 6, 8-9:00pm

**Special FREE Class at Lululemon Lincoln Square:  
1928 Broadway (at 64th Street) New York, NY 10023**

\*\*\*\*\*

"No other medical professional or physical therapist has been able to assist me the way that Jordan has over the past few months. I have visited neurologists about ongoing back-pain and the loss of feeling in my upper legs where I was informed that the deterioration of the nerves in my spine would increase with age. The doctors told me there was little to no chance of change in my level of pain through work on my own or through physical therapy, which was quite disheartening. One of my colleagues recommended I work with someone he knew how was an amazing yoga therapist. A bit skeptical but desperate for relief, I went to Jordan to help alleviate the pain that was caused through the compression in, and deterioration of, my spine.

Since beginning my therapeutic work with Jordan, I no longer have ongoing lower back pain, and have regained feeling in my outer legs. Jordan's knowledge of the body, spine, muscle structure and nervous system astounds me every time we work together. I look forward to continuing my journey of pain-free growth with Jordan for the long-term."

**- Jim H, New York, NY**

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