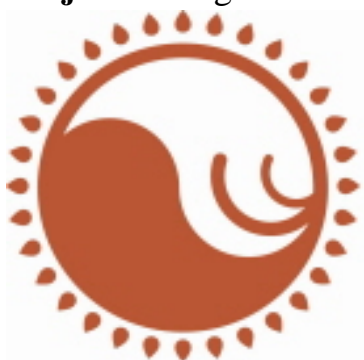


Sent: Tuesday, December 15, 2009 7:35 AM

To: jordan@steadfastfreedomyoga.com

Subject: 4 Yoga Retreats in Paradise, 10 Holiday Tips!



STEADFAST FREEDOM YOGA

4 Retreats in Paradise!

10 Holiday Tips!

December 2009



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Namaste Jordan,

I offer deep heartfelt gratitude to all of you, my dear students and friends, for taking the fantastic journey with me this past year to the depths of the heart. The ride has been superb, and your courage, faith, trust, and openness continually inspire me to advance the conversation and practice of yoga.

With each pulsing breath, we become stronger as kula, community of the heart. **Every day brings us closer to tapping the wellspring of innate freedom that lies within, and it is a joy to watch so many of you transform and start to live more fully in each moment.** You make my heart overflow with delight and a sweet river of love flows through me.

After a full year of planning, **I fly out today** to teach a two-

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

week, sold-out Yoga and Service retreat to Peru. I am thrilled to be able to share this special experience with 20-plus students, while taking time to turn inward and reflect on the incredible year I was able to share with you all in 2009. **(Stay tuned for video footage of our journey!).**

Looking ahead, I am totally committed to making 2010 the best year ever for Steadfast Freedom Yoga. **I will be offering deeper ways to enrich our study of this magical practice,** including retreats, workshops, immersions, and even short downloadable videos that will enable you to practice yoga from any Web browser!

This newsletter is meanwhile replete with information to help us kick off 2010 in the most fun and connected way imaginable. For starters, **[click here for my top 10 tips for making the holidays a celebration of life!](#)**

Here's a look at news and upcoming events:

- This winter, I will be offering four, yes FOUR, yoga retreats to the British Virgin Islands. **If you are interested in leaving the freezing winter behind to spend a few days on world class luxury sailing yachts and practice yoga on the most beautiful beaches in the world, [click here!](#)**
- Pure Yoga on the West Side opens this Tuesday, and on January 31, I will be teaching the first workshop there: **[Handbalancing from the Heart!](#)**
- My weekly teaching schedule is shifting slightly, so **[click here for all the updates!](#)**
- If you missed my Passions and Possibilities radio interview, **[click here to listen anytime.](#)**

May your holiday season and New Year be blessed with light, love, healthy, and joy!

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

training sessions,
contact
[Jordan Mallah](#)



Yoga Retreats with Sunara Sail

Experience the magic of the Caribbean while nourishing your mind, body, and spirit.

Explore pristine beaches, wander on small, private and tranquil islands, and open the sails of your heart.

Discover the place of peace and healing inside, with morning meditation, daily yoga, magical afternoon cruises, spa days, elegant dinners on board, and more!

This winter, I am offering four yoga retreats to beautiful and exclusive locations in the British Virgin Islands. Come join me for a rejuvenating and uplifting journey!

Upcoming 2010 dates:

February 4 - 8, February 18 - 22, March 6 - March 13, April 1 - April 5

For more information please visit our website: www.sunarasail.com.

For questions, or to register, please email us at info@sunarasail.com or call 1-866-865-8790.

Handbalancing from the Heart

Join Jordan Mallah and KayKay Clivio at **Pure Yoga West on January 31st for a special two-hour workshop from 12:00-2:00pm.**

Experience transformation when you learn to skillfully play the edge of your experience and reveal your highest potential as you **surf the air with style and grace**, making arm balances playful, smooth and fun.

Take the journey to access the deep place of balance in your heart ... and on your hands!

Learn all the necessary principles and actions to fearlessly and skillfully move into multiple arm balances, including handstand!

This inspiring workshop will lead students seamlessly through a

specific sequence of postures targeted to open the upper body and shoulders while strengthening the core.

Soar to new heights and fly to places higher than you have ever been before!

Open to all levels. Members \$50, Non-Members \$60
Register at www.pureyoga.com or call 212-877-2025.

10 Tips to Making the Holidays a Celebration of Life

1. Open your eyes wide! Check out the New Years Full Moon! Slow down, take a deep breath, and realize that **the greatest gift for you and your loved ones is simply to be present.**
2. Practice gratitude. Even when you don't feel like you have much to celebrate, or you're feeling down, you still have events or people to be grateful for. This holiday, **spend a few minutes each morning when you arise and make a list of what you're grateful for.**
3. Go for a walk in nature, even if it's cold out. If your in the city, make sure to visit the closest park and **hug a tree** (no really, I am serious. Hugging trees is a great way to fill with energy and plug into the universe).
4. **Spend a few minutes every day doing something just for yourself**, especially if it feels like you don't have time. Then notice how much more you can accomplish when you're calm.
5. **Volunteer and participate in community service learning projects!** The satisfaction and pride that come from helping others will give you a great sense of fulfillment, and teach you life long lessons. Also, service learning is a great way for families to have fun and feel closer. You will realize what you receive from the experience is actually more then you could ever offer.
6. Look at the calendar as a whole and try not over-schedule. **Accept invitations with joy, and say no with love.** Reclaim family time, and quietly enjoy the spirit of the season with your loved ones.
7. Start the day with some yoga and meditation. When things get busy and time gets tight, **make sure to do simply 10**

minutes of practice each day. I recommend focusing on hip openers and poses that root your thigh bones back, so you can stay grounded and open.

8. **Dedicate your yoga practice to someone** who might be in need of extra healing and support.

9. Sip plenty of warm water throughout the day to help cleanse the body and keep your mind clear.

10. If you can do nothing else this holiday season - **BREATHE!** Remember, the holidays are a magical time of the year, so breathe in pleasure and joy, and breathe out stress, impatience and any other emotions that are not serving you.

New York Public Class Schedule

Tuesday:

9:30-10:45am Equinox, Great Neck

Wednesday:

7:15-8:45pm Pure Yoga, WEST

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

"A few years ago, I survived a life altering accident. Falling through a floor, fifteen feet, left me with four fractured vertebrae. A splinter from one of those vertebrae was touching my spinal chord leading doctors to think I might never walk again. After almost a year of pain killers and feeling physically helpless, and depressed about the fact that my life would never be the same, Jordan Mallah introduced me to Anusara Yoga.

Never having considered myself to be the type of person to practice yoga, at this point I was willing to try anything. Jordan sat down with me for almost two hours explaining the details of my injury and what I needed to do to recover and how he could help me regain relatively normal function. His incredible knowledge of anatomy and yoga therapeutics along with his warm heart and healing touch were exactly what I needed to guide me down the road to recovery.

Needless to say, years later (and virtually pain-free), I am still one of Jordan's students and most ardent fans. I have learned so much about my body and what it needs to stay healthy. **Everything Jordan teaches, promotes and advocates seems to have only positive effects on my body and my life-style.** I am grateful to Jordan for helping me achieve so much. More than the physical recovery I have joyfully experienced, **Jordan has helped me regain a more health-focused, balanced life and has empowered me to realize I can do anything I set my mind to accomplish.** Jordan is an inspiration to all who have the privilege to know him both in and out of the classroom."
- Sara A, New York, NY

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

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