

# THE STANDARD, NEW YORK

*presents*

## STANDARD YOGA

**ANUSARA YOGA WITH JORDAN MALLAH**

**MONDAYS, 2010  
6:30PM – 8:00PM**

**\$20**



### **Anusara Yoga**

Through Jordan's dynamic and vigorous yoga classes, students are challenged and empowered to reach their fullest potential, while maintaining playfulness and creativity. Articulate and refined teaching prepares students to intensely deepen their physical, mental, and spiritual being. Step into the flow and explore your essence, as you become poised to radically expand and celebrate each day from a place of authenticity.

### **About Jordan**

Jordan Mallah is a native New Yorker who has realized professional success in the yoga community, both domestically and internationally, since 1996. With an uplifting teaching style that incorporates dynamic self-inquiry, Jordan guides students toward their individual balance, yielding more conscious alignment, both in yoga and in daily life.

A leader in his field and one of New York's premier yoga therapists, Jordan methodically applies postural alignment and therapeutic biomechanics to direct his students towards mental, physical and spiritual healing. His innovative, holistic approach to teaching incorporates life alignment coaching, which instills students with a balanced health and wellness sensibility.

Jordan's passion for social change has inspired him to design unique retreats to bring yoga, wellness services, education and development to underserved communities worldwide. Retreat participants experience radical transformation as they work to break cycles of poverty, helping communities achieve sustainable and productive futures. To deepen the conversation, check out [www.steadfastfreedomyoga.com](http://www.steadfastfreedomyoga.com).

Please check in at the Front Desk – All classes are drop-in. Mats, blocks, bolsters + props are available at your convenience.

**The Standard**