

JORDAN MALLAH *LA GRAMA, CAJAMARCA, PERU (03-05)*

Assignment:

My technical job was teaching people how to cultivate bio intensive organic food and incorporate it into their diets; starting small businesses.

Current Location: Malverne, NY**Current Occupation:**

Yoga Instructor and Consultant

How has PC impacted you?

All of my current work is infused with the valuable lessons and skills I cultivated as a Peace Corps volunteer. As a full time yoga teacher, it is essential to be compassionate, sensitive, and tune into the energy of your students. While serving as a volunteer, I refined all of these essential skills.

What was your housing situation as a PCV?

I built my own home. It was the rural eco spa of the Andes.

What was your favorite food?

All the crazy, exotic fruits.

What was your least favorite food?

White rice with kilos of MSG

**What was your favorite music from Peru?**

My neighbor Carlos playing his guitar with all his soul and singing songs he invented.

What do you miss most about Peru?

I miss having the time to live fully present in the moment and share conversations with rural farmers.

Customs that you still use today:

At meetings, I still go around the room and shake everyone's hand and greet everyone individually.

What interesting places have you visited post PC?

Japan, Taiwan, Australia, New Zealand, Mexico, Argentina, Brazil, Uruguay, Ecuador, Chile, Texas.

Most important thing you learned in PC?

I learned that in order to serve, I must first be strong at my core, and know who I am. With that clarity and strength, I can serve the world in life enhancing ways.

Further information about you can be found at:

My blog www.steadfastfreedomyoga.com

This site discusses my service in Peru. It will also be the home of the Steadfast Freedom Foundation, which has two main components: (1) Providing service and yoga training to underprivileged populations in Peru and (2) developing sustainable projects in Peru including small income generating businesses and sustainable food security networks.

On my vacation this year, I returned to La Gramma to work with my village for three weeks. I had the opportunity to see first hand the effects of my two years of Peace Corps service on others as well as the effects of the Peace Corps experience on my life.

(See Amigos' website for Jordan's memories of his return, It is posted under link to the Fall 2007 issue of Yachaspa as a "Yapa."