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Jordan A Mallah

### From corporate suit to social activist



As a management consultant with Accenture, Jordan Mallah helped solve complex challenges for some of the world's leading organizations—including the Defense Logistics Agency, a \$32 billion organization.

When his heart told him it was time to pursue his deep passion for service, Jordan traded his Prada suits and dress shoes for \$1.50 Peruvian shorts and sandals made from recycled car tires and embarked on a new journey with the Peace Corps.

Serving as a Peace Corps volunteer, Jordan set forth on a project in Peru, where he worked to curb the rate of malnutrition for indigenous Andean villagers. "I went from being in high profile defense meetings with wealthy upper class Americans, to digging in the dirt with rural farmers that had no teeth and made less than two dollars a day," Jordan reflects.

Through his work, Jordan helped develop sustainable food security networks, resulting in a reduction in the rate of chronic malnutrition in children, reduction in the prevalence of diarrhea, and an increase in the monetary and non-monetary income of families. His projects ranged from creating sustainable organic gardens, teaching cooking classes, conducting workshops on health and hygiene topics, to collaborating on the published book *Banquete de la Tierra a la Boca, El Arte de Preparar Comida Vegetariana* ("Banquet from the Earth to the Mouth, the Art of Preparing Vegetarian Food"), a cookbook with illustrations drawn by rural indigenous Andean farmers ranging in age from five to 90, depicting their life in rural Peru.

A long-time yoga practitioner, Jordan continued to incorporate yoga into his daily practice in Peru and started preparing for his future as a full-time yoga teacher. From focusing on his self practice and study to providing private yoga classes and wellness consultations to villagers, Jordan was well positioned to launch his own yoga practice upon his return from the Peace Corps.

#### Aligning yoga and service

Now a leader in his field and one of New York's premier yoga therapists, Jordan Mallah continues to be an agent for social change.

"Part of my yoga business involves helping my clients get their lives aligned by participating in Global Yoga and Service Projects," he elaborates.



Jordan's retreats bring yoga, health services, education, and development to underserved communities locally and globally. His retreat participants experience radical transformation as they work to break cycles of poverty and help communities achieve sustainable and productive futures.

During a retreat in Peru over the 2009/2010 New Year, participant Dr. Frank Andolino invited Jordan to join his non-profit [Kageno](#) and lead a service and yoga experience to Rwanda. Having spent time in Uganda, Tanzania, and Ghana prior to Accenture, Jordan was longing to return to Africa and immediately signed on to take an expedition to Rwanda.

"Although I had spent over 15 years participating in and leading service learning

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projects throughout the world, nothing could have prepared me for the dichotomous adventure that would soon unfold before me,” Jordan shares.

In February 2010, Jordan traveled to the Banda Village, a small gem on the periphery of Nyungwe Forest National Park. While it may have seemed strange to offer yoga to a village that was suffering so many complex and deeply rooted issues – the epidemic of HIV/AIDS, astonishing poverty, no health system, and worse –Jordan hoped that the power of the practice could offer the people a therapeutic tool.

“Each participant taught me about the power and resiliency of hope and community. Their enthusiasm for practicing yoga, along with the infectious expressions and hugs I received from everyone left me longing for more adventure, further creative expression, and deeper connection with the people of Banda.”

Five months later, Jordan returned with a group of his yoga students from New York City, ready to embark on a retreat appropriately called “Radical Expansion Yoga and Service Experience in Rwanda!” [Watch highlights from his trip in this video.](#)

### **Staying in touch**

While his current path is worlds away from the corporate environment, Jordan continues to stay in touch with some current employees and a few alumni, and holds the Accenture community in high regard.

“I continue to value and appreciate my Accenture colleagues for their business intelligence, motivation, and constant uncompromising drive. I have both professionally and personally gained new perspectives and insights from them all,” he comments.

For more information on how to get Your Life Aligned and to reconnect with Jordan, please visit [www.jordanmallah.com](http://www.jordanmallah.com) or email [Jordan@jordanmallah.com](mailto:Jordan@jordanmallah.com). You can also follow Jordan on [Twitter](#) and find him on [Facebook](#)!