

"People often tell me "WOW, you're so flexible!""

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# Jordan

YOGA THERAPIST

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## The interview

**J**ordan is a 31 year old Yoga Therapist and Social Activist. He lives in New York City, New York, United States. He is in a relationship.

**DS:** How did you hear about Dailysingle? What are you expecting from being on the front page?

**Jordan:** One of my private yoga therapy clients is an amazing innovator in the Spa world and he told me about Dailysingle. I hope to share my passion and enthusiasm for yoga therapeutics, and let people know that they can become empowered to align their lives!

**DS:** What are most memorable years of your life and what happened to make it so memorable?

**Jordan:** From 1999-2001, I traveled around the world studying yoga, and for the first time was clear the teaching was my highest Dharma. From 2003-2005 I was a Peace Corps volunteer in Peru, and worked in agro-business development in a rural, indigenous Andean community as part of a multinational effort implemented by the United States Agency for International Development to develop sustainable food security networks. I had the honor and privilege to create and implemented dozens of community health workshops, and I also wrote and published a health and nutrition cookbook that was used as a development tool by hundreds of international development workers throughout Peru. Then from 2006-2007 I created and managed a Global Productions Department for a multinational yoga company. From 2007 to now I delight in sharing the healing power of yoga with students all over the world.

**DS:** Where were you born and where do you live now?

**Jordan:** New York, New York. My life has come full circle, from starting in NY, to living ten years on and off overseas (mostly in South America and Africa), and now I am moving in October from Brooklyn to Tribeca in Manhattan.

“ Each week is totally different, and new and exciting! One day I could be teaching in Rwanda, and the next day in Tribeca!

**DS:** How would you best describe yourself?

**Jordan:** I delight in drinking in the sweetness of life and celebrate each day fully by acting from a place of compassion and love... most of the time :-)

**DS:** What are the must-haves in your daily wardrobe?

**Jordan:** Flip flops, yoga shirts from Anjali Clothing, Lululemon shorts to teach in, and I love Patagonia. Also, I delight in wearing my cashmere hoodie! As long as its comfortable, and I can do yoga in it, its part of my wardrobe.

**DS:** Who do people tell you you look like?

**Jordan:** People tell me I look like John Travolta sometimes, and for a while everyone said I look like some tennis player from Argentina. In the yoga world, I am often told I look like Kenny Graham, who is an extremely gifted teacher from San Francisco.

**DS:** What is the compliment you get the most frequently?

**Jordan:** People often tell me how positive my outlook on life is, and I truly feel that its the best way to live. I also get comments like "Your energy level is off the charts, or WOW, your so flexible!"



Machu Picchu New Years Yoga Retreat

**DS:** How did you end-up being a Yoga Therapist?

**Jordan:** According to my mom, I started doing social activist work when I was in elementary school. My bar mitzvah speech at 13 clearly articulates my desire for peace and justice in the world on all fronts, including my desire to inspire people to clear up the environment. I started studying and teaching yoga around 1996, and one of my business professors inspired me to study meditation and yoga. I am always inspired by the diligent and honest work of Dr. King, and my yoga students also inspire and uplift me everyday. I always dreamed of doing this work, and my parents and family were always encouraged me to pursue my dreams!

**DS:** Can you tell us more about your job?

**Jordan:** I am a Certified Anusara Yoga Instructor, and my uplifting teaching style inspires and motivates students to find true balance and make conscious choices. Through my revolutionary yoga classes my students are challenged and empowered to reach their fullest potential, while maintaining playfulness and creativity. I practice self inquiry techniques, and guide each student on an exploration of their deepest essence, leaving them poised to celebrate each day from a place of authenticity. I methodically apply postural alignment and therapeutic biomechanics to direct clients towards mental, physical and spiritual healing. My innovative, holistic approach to teaching incorporates life alignment coaching, which instills students with a balanced health and wellness sensibility. I love everything about my job, and to be successful I recommend people work hard, play fully and stick to their own personal practice.



**DS:** Let's talk more about you and your tastes. Any hobbies? What do you like to do in your free time? Any thing you like and recommend?

**Jordan:** On my free time I love to create service projects, and have lead groups in the past 6 months to Rwanda and Peru. I also love to grow my own food, and eat delicious vegetarian fare! I also travel extremely often, and love exploring peoples and cultures.

**DS:** What is a typical week of Jordan?

**Jordan:** Each week is totally different, and new and exciting! One day I could be teaching in Rwanda, and the next day in Tribeca! Most days are spent seeing private therapeutic clients and teaching public group classes in downtown NYC!

**DS:** Quick questions: What is the first thing you do in the morning?

**Jordan:** Meditate, then green juice, sometimes in the reverse order.

**DS:** What is your favorite word?

**Jordan:** Freedom

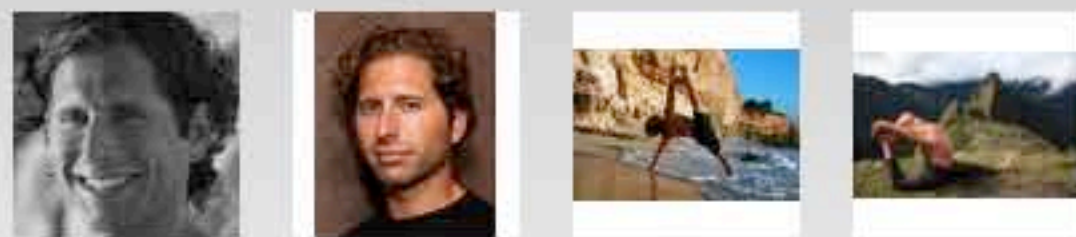
**DS:** What is your favorite quotation? Or make your own for posterity...

**Jordan:** SUCCESS: To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded. - Ralph Waldo Emerson

**DS:** What is your favorite "drug"?

**Jordan:** Handstand and Backbends!

## The photo shoot



**DS:** What magic power would you like to have if you could choose one?

**Jordan:** The power to make all beings everywhere happy, healthy, and free!

**DS:** If not yourself, who would you be?

**Jordan:** I would leave that up to my karma to decide.

**DS:** What is in store for you? Any key projects for the next months? Anything you want to share? Can our readers help you with anything?

**Jordan:** I just finished teaching yoga in Rwanda and Kenya three separate times this year. Next year I am leading a retreat to Costa Rica, and a retreat to Peru. For New Years, I will be making pilgrimage to Southern India to have darshan at the most sacred sites in the most sacred land.

**DS:** Anything you want to add to close this interview?

**Jordan:** What a blessing to share this time with you. I offer you heartfelt gratitude for reading, and if you want to celebrate this life with me, come to class or retreat sometime soon!

**DS:** Thank you Jordan

**Jordan:** Peace and blessings!