



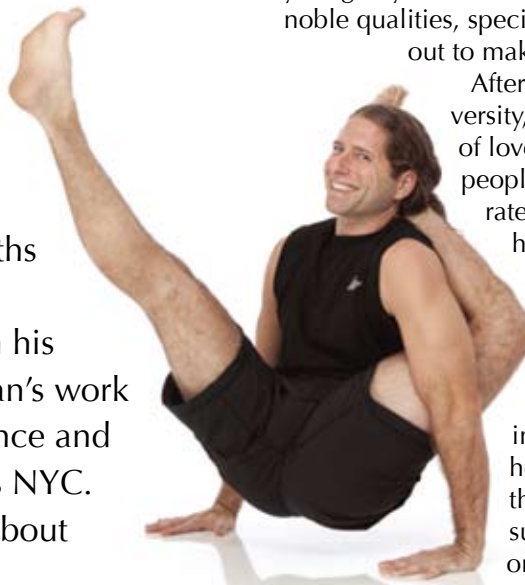
Jordan Mallah Shares His Gifts With the World

This month's Natural Hero is yoga instructor and human activist, **Jordan Mallah**. The nomination comes to us from Jordan's grateful friend and yoga student, Jim Henslee. Before they met, Jim was suffering from lower back pain and loss of feeling in his thighs. Neurologists diagnosed Jim with deterioration of nerves in the spine, a condition that would only become worse as he aged. Jim started therapeutic work with Jordan and within 6 months the lower back pain was gone and he had regained feeling in his legs. Jim wanted to share Jordan's work and vision with a wider audience and contacted Natural Awakenings NYC. Below is the letter he sent us about his friend, Jordan Mallah.

“There are many definitions of a hero and Jordan Mallah is most of them. I am continually impressed by the extraordinary work that Jordan does as a certified Anusara yoga instructor in New York, where he leads studios full of eager students, or in on-on-one sessions where Jordan inspires and heals the heart, the soul and the body.

In addition to his yoga, Jordan has a deep desire to help and heal the world. This dream started when Jordan was a young boy. To this day Jordan displays amazing strengths, noble qualities, special skills and real courage in stepping out to make a difference in the world.

After graduation from James Madison University, Jordan dreamed of bringing his gift of love, compassion and healing to as many people as he could. But of course the corporate world called him to work because of his amazing talents and intellect. After a stint with a global management-consulting firm, Jordan decided that he had a greater calling and volunteered to work with the Peace Corps. Jordan spent three years in a remote village in Peru where his primary focus was helping indigenous Andean villagers curb their rate of malnutrition, by creating a sustainable, community, bio-intensive organic gardens.





Today, Jordan successfully continues his work here in New York and around the world, inspiring and teaching yoga students. At the end of 2009 Jordan took 25 yoga practitioners to the town in Peru where Jordan had lived and worked as a Peace Corps volunteer. The group worked with the villagers to create an organic community garden at the village's local health post to feed the community and have it become a center for learning about nutrition and organic farming.

Jordan's true love is bringing his gifts for life and blessings through yoga to others around the world. Jordan's dream of starting a foundation is already underway and will be established in 2010. The Steadfast Freedom Foundation will bring his life-affirming vision to encourage all people to discover their intrinsic goodness and creativity. Jordan's vision will allow the opportunity for positive transformational experiences to unfold within each person that his foundation will touch – domestically and internationally.

I nominate Jordan Mallah as this month's Natural Hero. "

For more information about Jordan Mallah or the Steadfast Freedom Foundation contact online: steadfastfreedomyoga.com.

If you have a Natural Hero in your life, send an email to: heroes@nugreencity.com and tell us about the special someone who's making our city and the planet a better place.



Professional Assist

Outlook for 2010 Fitness Trends



An American College of Sports Medicine survey published in *ACSM's Health & Fitness Journal* identifies

counseling with an experienced and educated fitness professional as the top fitness trend this year. The trend's rise from the third spot, posted in 2007 at the survey's inception, is likely due to "increased regulation and an influx of specialty certifications and educational programs available" for these professionals.

Strength training surged to second, with programs addressing child obesity in third place. Other 2010 trends include: personal training, core training, fitness programs for older adults, functional fitness, sport-specific training, Pilates and group personal training. The researchers expressed surprise at the move toward group training, suggesting that it may reflect financial considerations for both the trainers and their clients.

Bedroom Vroom

New Study Says Dreams Tune Up the Brain

To Freud, dreaming provides a playground for the unconscious mind; to Jung, it is a stage where the psyche's archetypes act out primal themes. Recent theories hold that dreams help the brain to consolidate emotional memories and to work through current life problems.



Now, in a new paper published in the journal *Natural Reviews Neuroscience*, Dr. J. Allan Hobson, a psychiatrist and longtime sleep researcher at Harvard, argues that the main function of rapid-eye-movement sleep, or REM, when most dreaming occurs, is physiological.

The brain is warming its circuits, anticipating the sights and sounds and emotions of waking, tuning the mind for conscious awareness. "It's like jogging; the body doesn't remember every step, but it knows it has exercised. It has been tuned up," says Hobson. "It's the same idea here." The theory might help explain why people forget so many dreams.

Hobson co-authored another paper with Ursula Voss, of J.W. Goethe-University in Frankfurt, in the journal *Sleep*, where scientists found that lucid dreaming, one of many examples of a mixed mental state, has elements of both REM and waking awareness. In a lucid dream, Hobson explains, "You are seeing the split brain in action. This tells me that there are these two systems, and that in fact, they can be running at the same time."