



David Patrick Columbia's

NEW YORK SOCIAL DIARY

SOCIAL DIARY • PARTY PICTURES • CALENDAR • SOCIAL HISTORY • THE LIST/CAMEO • HOUSE • DINING • PHILANTHROPY
ART SET • TRAVEL • ACROSS THE WORLD • GALLERY • GUEST DIARIES • CLASSIFIEDS • SHOPPING DIARY • ARCHIVES • SEARCH

TODAY'S FEATURES

April 22, 2009



SOCIAL DIARY

Yesterday in New York. More Dr. Kerry Willetts; Jim Mitchell's luncheon for the Hollywood kids at Primola; Tim Lovejoy's opening exhibition at W. M. Brady; the benefit preview of the National Jewelry Institute's new exhibit at the Forbes Gallery; Pratt Institute's dinner for Marc Rosen at the University Club; **Jordan Mallah's upcoming Yoga and Wine event**; plus the Drama League's annual nominations at Sardi's.

ACROSS THE WORLD

Washington Social Diary. Carol Joynt assesses what was "expected" of the new Washington social life that hasn't happened, as was hoped.

DINING

Bits & Morsels: Jordana Z. visits Nino's and interviews its super-industrious owner (he has seven restaurants in New York now), and shows us what I'd like to eat when I go there.

SHOPPING DIARY

Jamee Gregory hits Mercer Street for the shopping eye, starting with Ed Hardy, and then Vivienne Tam's elegant outpost with Tam's Asian influenced shapes, Mandarin colors and spring flowers.

ALSO ON THIS WEEK'S NEW YORK SOCIAL DIARY

TUESDAY 4/21

Party Pictures:
Still going strong

Across The Nation/Across The World:
San Francisco Social Diary

Social Diary:
All kinds of things happening

MONDAY 4/20

Party Pictures:
Revelry and Community

Across The Nation/Across The World:
Washington Social Diary

Social Diary:
New York in bloom

FRIDAY 4/17

Party Pictures:
More from the Fool's Fete ...

The Way They Live:
Eve Ashcraft

Social Diary:
Trees in full flower

THURSDAY 4/16

Party Pictures:
Young Peoples' Chorus

Social Diary:
The need for support

WEDNESDAY 4/15

Guest Diary:
Jill Kremetz Photo Journal - The Paris Review Revel

Across The Nation/Across The World:
Palm Beach Social Diary

Social Diary:
Cold and rainy; Except ...

Books For Summer Homes

BIRCHBOOKS.COM

As recommended in the **The New York Times**

Neiman Marcus

BURBERRY

From our Calendar this Friday: Yoga and Organic Wine: A Divine Pair.

The guy in the Saks window (one Sunday last February) is Jordan Mallah, a yogi (my choice of words) who teaches hatha yoga at Pure Yoga and in private classes. I half know what I'm talking about when I mention those words but coincidentally I had been thinking about getting someone to write about yoga as a Guest Diary.

I am semi-in awe of one having the ability to bend a body around like that. By which I mean, I know that it's good for clearing out your brain and cleaning up your act. I'd done some of it years ago. Mind you, I'm not at the practice what I preach stage however. Although there are days when I feel like I can't even sit up straight, let alone stand.



Many New Yorkers are living under stress these days, however, no matter what they tell you. I asked Jordan Mallah what he thought about this and I also learned something about the man. He's Long Island born and bred, graduated from college with an MBA, then went to work as a corporate consultant with a global management consulting firm.

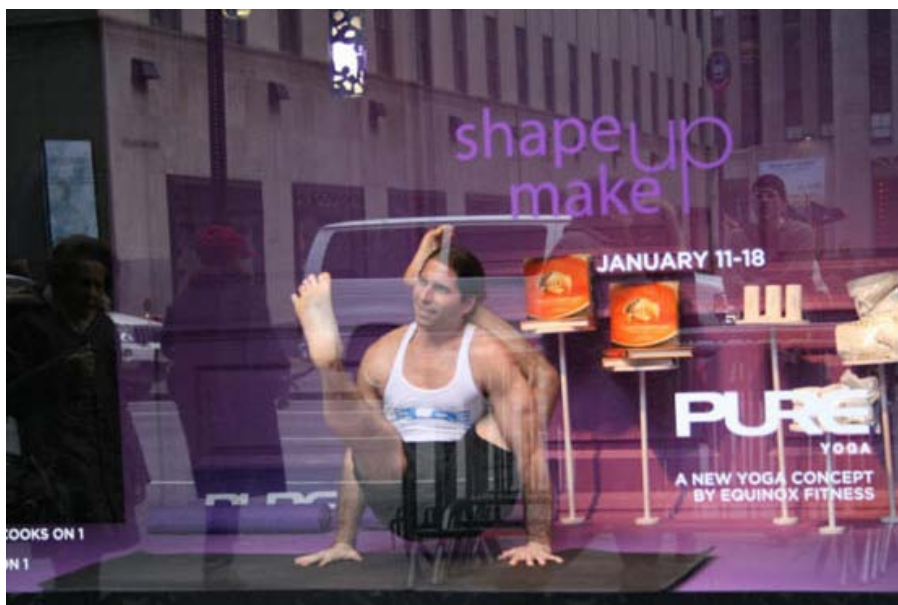
From MBA to the Peace Corps in Peru: he went to work with primary focus on helping indigenous Andean villagers curb their rate of malnutrition by creating sustainable community, bio-intensive gardens.

You getting the picture? The picture I get is that he is one of those people whose capacity for living well is operating fully, and that includes traveling the world and learning. Oh, he's a vegetarian.



Now his focus is on helping people heal their minds and bodies. He is on some level of consciousness in the business of healing minds and bodies. A lot of clients come to him with stress from work and business (and physical ailments) that include serious chronic pain. Jordan says that after a few sessions people find themselves freed.

I was telling him I think it's about the time we're in. He said, "we down to the basics: Yoga or Prada, take your pick." That's clarity.



Which brings us to the calendar item. This Friday night Jordan and sommelier Owen Kotler are hosting an evening of "Yoga and Organic Wine: A Divine Pair" at Pure Yoga on 203 East 86th Street at Third Avenue. From 8 to 10:30. Newcomers ("People of all levels and ability of yoga and wine are") welcome. \$65.

"Step into the flow and enjoy an unforgettable evening of yoga and wine tasting, featuring organic and bio-dynamic wines," it says on the calendar listing. "Become more attuned to all of your senses through a powerful flowing yoga practice followed by a fun and exploratory wine tasting.

"Relieve stress, take a much needed break, and learn how to integrate the gift of yoga to experience the fullness of your own consciousness. Explore the

palate, where the mind and heart connect, and learn how to age as gracefully as a fine wine!"

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