



The Yoga Code™

Ancient Wisdom for A Modern World

Discover the **10** Universal Principles to Living with More Peace, Balance & Joy

1 KINDNESS & COMPASSION

Ahimsa

6 SIMPLICITY

Saucha

2 TRUTH

Satya

7 CONTENTMENT

Santosha

3 NON-STEALING

Asteya

8 COMMITMENT

Tapas

4 MODERATION

Brahmacharya

9 SELF-INQUIRY

Swadhyaya

5 NON-ATTACHMENT

Aparigraha

10 SURRENDER

Ishvara Pranidhana

Learn more about The Yoga Code™ at: www.jackiedumaine.com

