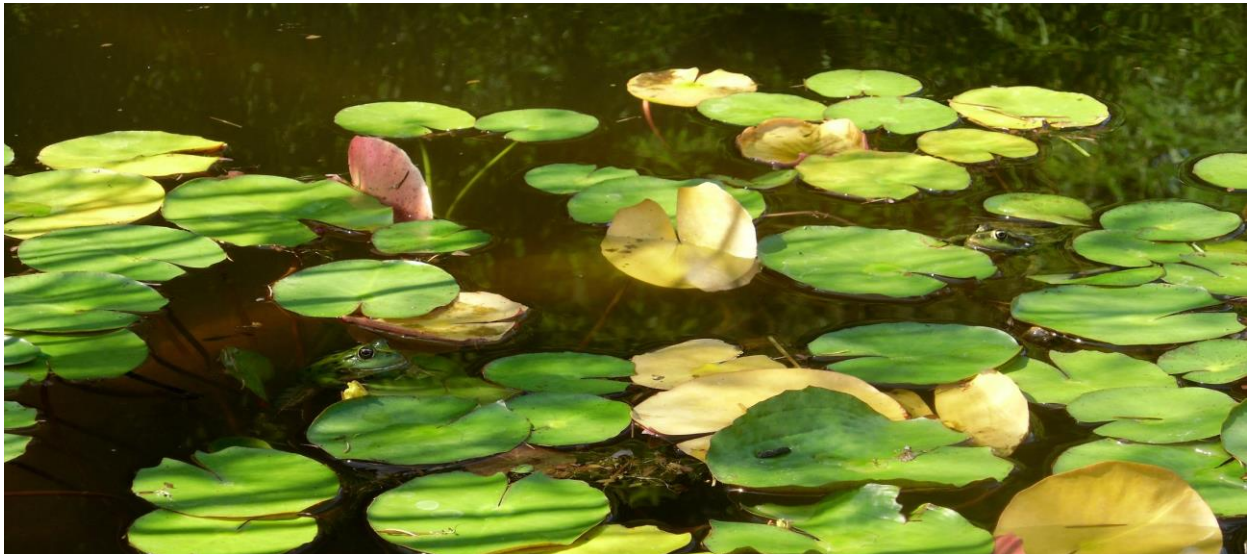


YCO Give Back

\$10 of each YCO yoga class or 3% of each health & wellness presentation or 3% of each atypical yoga class/demo/seminar is donated to organizing, programming & offering:

Yoga Philosophy Classes

*Supporting, Educating, Encouraging & Empowering
Men and Women in the yogic ethical practice of*



‘Nonviolence’ or “Ahimsa”.

Once this first precept, the first jewel on the first limb of the 8 fold path of yoga and way of living is explored & assimilated through practice & discussion, the various groups will advance through the remaining Yamas & Niyamas.

For *further information* on upcoming '*Nonviolence*' or "*Ahimsa*" classes, please go to the 'YCO events calendar'.

For a *resume* of the 8 fold path of yoga please go to 'YCO digging deeper'.

Research *Yamas and Niyamas* as the fundamentals to yogic thought online, or obtain the following book to study at home:

**The Yamas & Niyamas:
Exploring Yoga's Ethical Practice
by Deborah Adele, ERYT-500.**

Available through YCO (send us a message via contact us) OR from Onwordboundbooks "contactus@onwordboundbooks.com"