

# TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1.

**Compassion:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2.

**Creativity:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3.

**Style:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is personal and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4.

**Mindfulness:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5.

**Wellness:** We choose self-care through gratitude, reflection, whole foods, meaningful work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.

