



Journey to the Center Yoga Winnipeg

April Class Schedule At The Link

Monday - Breathe & Connect - 10 a.m./Intermediate 4:00 p.m.

Tuesday – Mysore - 10 a.m.

Thursday – Intermediate - 10 a.m.

Friday - Breathe & Connect - 10 a.m.

Website: jcyw.ca

Private Sessions Available Upon Request

@journeytothecenteryogawinnipeg@gmail.com

Breathe and Go



Connect and Flow!

April

Theme for the Month
~Yoga Chikitsa~



“The 1st Series of Ashtanga Yoga is known as Yoga Chikitsa, (Yoga Therapy). It addresses the general health and strength of the physical body. Most of the work of the primary series is to lengthen the back of the body, increase hip mobility and increase core awareness and strength, as well as cleanse and tone the internal organs. It works on the grossest level of the physical body. Correct development of the 1st series will result in a light, strong body and balanced organ function. The 1st series for most will take a lifetime to master.”

~Johnathon Austman

My practice creates healing within my body!

April 2025

Your Monthly Yoga Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 a.m. Mysore Private Session Required	2 Rest Day	3 10 a.m. Intro to Ashtanga Yoga Intermed.	4 10 a.m. Beginner Led Yoga	5
6	7 10 a.m. Beginner 4:00 p.m. Intermed.	8 10 a.m. Mysore Private Session Required	9 Rest Day	10 10 a.m. Intro to Ashtanga Yoga Intermed.	11 10 a.m. Beginner Led Yoga	12
13	14 10 a.m. Beginner 4:00 p.m. Intermed.	15 10 a.m. Mysore Private Session Required	16 Rest Day	17 10 a.m. Intro to Ashtanga Yoga Intermed.	18 Good Friday No Yoga Class	19
20 Easter 	21 No Yoga Class	22 No Yoga Class	23 Rest Day	24 10 a.m. Intro to Ashtanga Yoga Intermed.	25 10 a.m. Beginner Led Yoga	26
27	28 10 a.m. Beginner 4:00 p.m. Intermed.	29 10 a.m. Mysore Private Session Required	30 Rest Day			