



Journey to the Center Yoga Winnipeg

Class Schedule At The Link

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

Tuesday – Mysore - 10 a.m.

Thursday - Private Sessions

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 ~Internal Cleansing~



Yoga is for internal cleansing, not external exercising. Yoga means true self-knowledge.

— K. Pattabhi Jois —

AZ QUOTES

K. Pattabhi Jois taught that “yoga is for internal cleansing, and not for external exercising.”

He emphasized that the Ashtanga Vinyasa method purifies the body and nervous system.

Through daily practice, the practitioner cleanses the 72, 000 energy pathways called the nadis which ultimately builds strength by allowing proper prana flow.

Deep breathing is considered essential, and acts as the fire that burns away impurity in the nervous system.


The practice is intended to be a long-term commitment that cleanses the practitioner’s way of thinking and feeling, ultimately transforming the body into a stable, and strong vessel.



My yoga practice purifies my body and nervous system, helping me to become strong and stable.

April 2026

Your Monthly Yoga Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 10 a.m. Beginner Led 4:00 p.m. Intermed.	31 10 a.m. Mysore Private Session Required	1 Rest Day	2 No Yoga Classes	3 No Yoga Classes	4
5 Easter Sunday 	6 No Yoga Classes	7 10 a.m. Mysore Private Session Required	8 Rest Day	9 Private Yoga Sessions	10 10 a.m. Beginner Led Yoga	11
12	13 10 a.m. Beginner Led 4:00 p.m. Intermed.	14 10 a.m. Mysore Private Session Required	15 Rest Day	16 Private Yoga Sessions	17 No Yoga Classes	18
19	20 10 a.m. Beginner Led 4:00 p.m. Intermed.	21 10 a.m. Mysore Private Session Required	22 Rest Day	23 Private Yoga Sessions	24 10 a.m. Beginner Led Yoga	25
26	27 10 a.m. Beginner Led 4:00 p.m. Intermed.	28 10 a.m. Mysore Private Session Required	29 Rest Day	30 Private Yoga Sessions	1 10 a.m. Beginner Led Yoga	2