



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

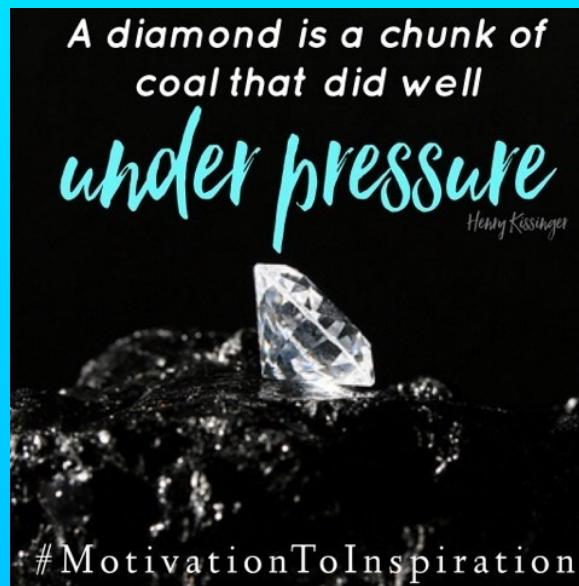


Connect and Flow!

August

Theme for the Month

~Giving Birth to the New ~



Pressure

**This month we are focusing on giving birth to the new you!
When we allow ourselves to feel the pressure bubbling up from within, we
are opening the door to deeper healing.**

**This pressure pushes us to become more evolved if we allow ourselves to
feel and heal the wounds from our past that we have been suppressing; the
wounds that have been holding us back from becoming a better version of
ourselves.**

**Let's allow ourselves to be propelled forward to witness first hand the
possibilities that await us as we " Give Birth to the New!"**

A Precious Diamond Patiently Awaits To Reveal Itself From Within!
~ Pamela

August 2025

Your Monthly Yoga Planner

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