



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!

December

Theme for the Month

~New Beginnings~

*From moon to moon whole worlds change.
Inter-galactic travel between
the deepest levels of the soul.
Needing to face the end of what we've known
but not knowing how to begin.
Prayer opens us.
Guidance is readily available.
But the key is listening.
And being willing to let go
to allow the river to flow
and shape the new
valley ahead.
We can sense the freedom
of that alignment on the other side,
but first we face our fears.
Labyrinthine pathways hold the promise
that awaits on this passage toward alignment
with the deepest part of our soul.
For getting to know our deepest Self,
is what this journey is all about.
The more truthful we can become,
the more empowered we will feel,
and suddenly...
a loosening of the grip,
and into the unknown,
new places of discovery
we'll go...
But first,
Anchor into Self,
with love, love,
love, love,
love.
~ Mystic Mamma*

I find my new direction, In the waves of change!



December 2025

Your Monthly Yoga Planner

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