



Journey to the Center Yoga Winnipeg

February 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!

February



Theme for the Month

~Spreading Love Through Connection~

Our relationships with ourselves, others and nature are our teachers. When we make the connection with our body, mind, and spirit through our daily practices, we learn to pay attention to these relationships, nurturing inner balance while achieving greater self-awareness.

Clarity also starts to flow, enabling us to let go and make room for growth, and an expansion of self-love that also flows to those around us.

**~ With Love & Light Always ~
Pamela**

My Self Love Flows to Those Around Me

February 2025

Your Monthly Yoga Planner

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