



## **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](http://jcyw.ca)**

***Private Sessions Available Upon Request***

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***Breathe and Go***



***Connect and Flow!***

# February

Theme for the Month  
~Self Love~



***“As I began to love myself, I freed myself of anything that is not good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism, Today I know it is, “Love of Oneself”***

***April, 16<sup>th</sup> 1959***

***~Charlie Chaplin on his 70<sup>th</sup> Birthday about self-love.***



***I experience self love when I take the time for self care, and become more self aware!***

# February 2026

## Your Monthly Yoga Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 a.m. Beginner Led 4:00 p.m. Intermed.	3 10 a.m. Mysore Private Session Required	4 Rest Day	5 Private Yoga Sessions	6 10 a.m. Beginner Led Yoga	7
8	9 10 a.m. Beginner Led 4:00 p.m. Intermed.	10 10 a.m. Mysore Private Session Required	11 Rest Day	12 Private Yoga Sessions	13 10 a.m. Beginner Led Yoga	14
15	16 10 a.m. Beginner Led Only Family Day	17 10 a.m. Mysore Private Session Required	18 Rest Day	19 Private Yoga Sessions	20 10 a.m. Beginner Led Yoga	21
22	23 10 a.m. Beginner Led 4:00 p.m. Intermed.	24 10 a.m. Mysore Private Session Required	25 Rest Day	26 Private Yoga Sessions	27 10 a.m. Beginner Led Yoga	28
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