



## **Journey to the Center Yoga Winnipeg**

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

***Private Sessions Available Upon Request***

**[@journeytothecenteryogawinnipeg@gmail.com](mailto:@journeytothecenteryogawinnipeg@gmail.com)**

***Breathe and Go***



***Connect and Flow!***

# January



## Theme for the Month

*~ Resetting & Moving Forward~*

**Vinyasa in our yoga practice allows us to leave what was behind us, reset, & begin anew.**

**We link what was with what can be, neither good nor bad, the same but different.**

**No matter how our postures look and feel like, we continue moving forward with intention and an unburdened heart.**

**Our unwavering practice of vinyasa allows us the opportunity to start again in a peaceful state that transforms, carries, and lifts us through our breath.**

**Each on our own path, and in our own time!**

**With Love & Light**

**Pamela**

**My Breath Carries Me Forward Where I Can  
Begin Anew!**

# January 2025

## Your Monthly Yoga Planner

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