



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

journeystothecenteryogawinnipeg@gmail.com

Breathe and Go



Connect and Flow!

January

Theme for the Month

~Replenish~Restore~Recharge~

January is a great time to replenish, restore, and recharge our bodies. It is a time to move from a stressful state, to a state of being, where we can rest, recover, and become more energized.

Our yoga practice is the perfect antidote for an exhausted and overworked system where we can recharge, and restore our inner balance by releasing any deeply held tension that we may not be aware of.

We don't have to necessarily know the reasons as to why our body's are feeling heavy and burdened, we just have to develop an awareness as to the way that we feel when we devote the time that is needed to experience the positive outcomes from our self care practices.

Keep doing the work, and feel the benefits of a recharged system.

You are worth it!



I am worth it!



January 2026

Your Monthly Yoga Planner

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