



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.

Friday - Breathe & Connect - 10 a.m.

Website: jcyw.ca

Private Sessions Available Upon Request

journeytothecenteryogawinnipeg@gmail.com

Breathe and Go

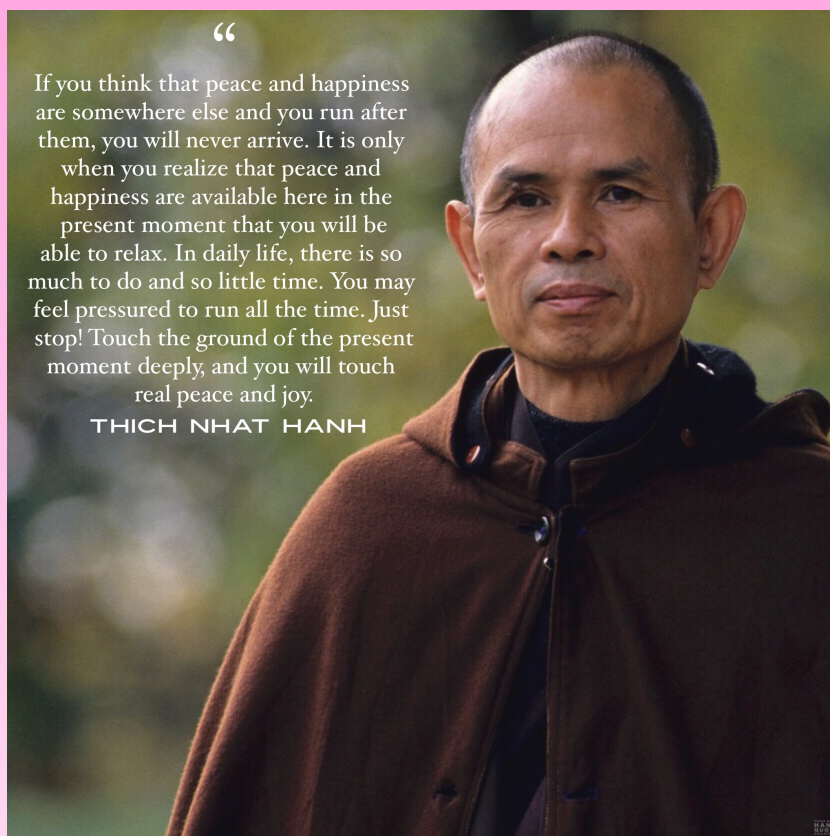


Connect and Flow!

July

Theme for the Month

~A Peaceful Present ~



Our Asana practice which connects our breath with our movements, gently moves us toward a disciplined way to stay in the present moment. This connection of our breath & movement slows down the chatter of our minds, and allows us to relax, and wind down, and by the end of our practice, Shavasana gifts us with a few moments of wide-open awareness where we can rest in a state of peacefulness in the present moment.

A Peaceful Present is Found in the Present Moment!
~ Pamela

July 2025

Your Monthly Yoga Planner

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