



Journey to the Center Yoga Winnipeg

Class Schedule At The Link

Monday - Breathe & Connect - All Levels - 10 a.m.

Tuesday – Mysore - 10 a.m.

Thursday - Ashtanga - 9 a.m./Private Sessions

Friday - Breathe & Connect - All Levels - 10 a.m.

Website: jcyw.ca

Private Sessions Available Upon Request



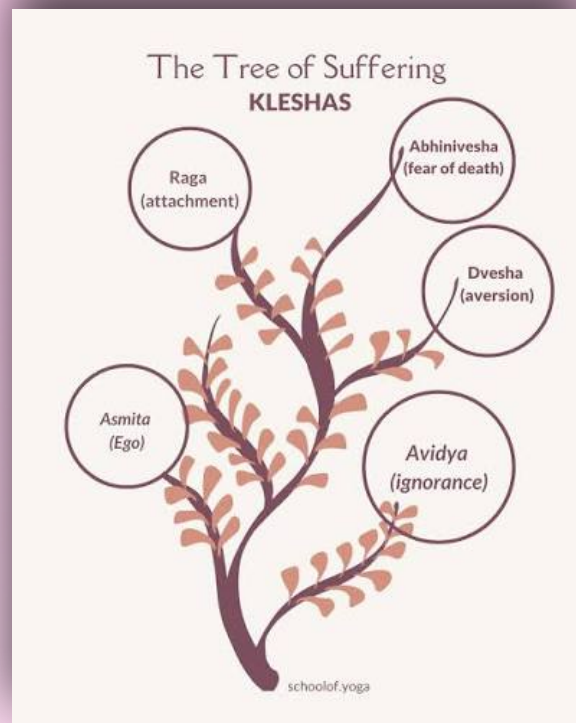
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Breathe and Go Connect and Flow!

July

Theme for the Month

~Kleshas~



In yoga philosophy, the Kleshas are the 5 afflictions of the mind (Ignorance, Egoism, Desire, Aversion, & Fear of Death) that cloud our consciousness and cause human suffering. Recognizing and working through these internal negative influences is considered the key to achieving inner peace and clarity.

~ Yoga Sutras of Patanjali



When we work on the afflictions of our mind through detachment, greater awareness unfolds as these energies dissolve, and inner peace arises!

July 2026

Your Monthly Yoga Planner

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