



Journey to the Center Yoga Winnipeg

June 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

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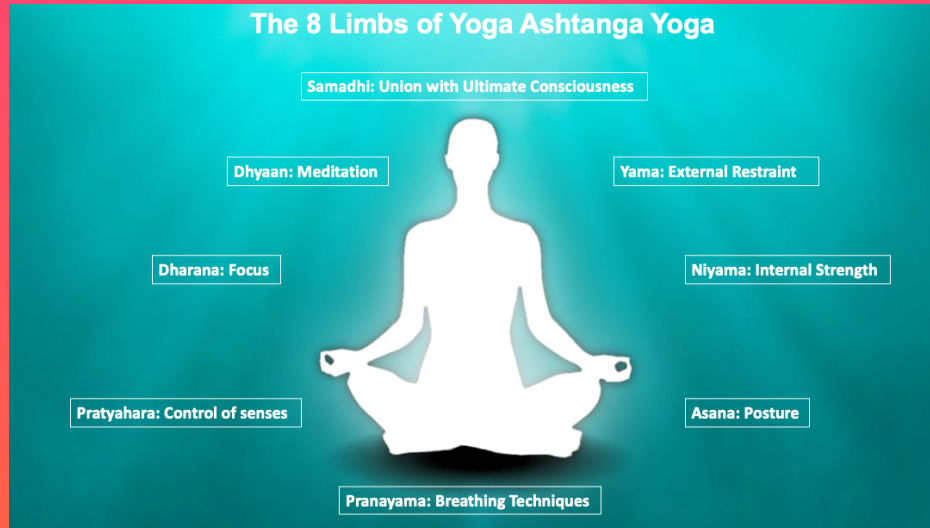
Breathe and Go



Connect and Flow!

June

Theme for the Month



~Asraya~

My Place of Refuge

Asraya in the practice of yoga can be interpreted as a personal connection, and sense of safety within oneself.

It is a place of solace where we can find comfort, shelter, stability, and a sense of being at home, especially during times of great difficulty.

Use your practice as a tool to bring yourself into a peaceful state where you can feel protected from heavier outside energies that find their way to you, and that may be spiralling around you.

Try not to engage with these energies, and if you find yourself being drawn in toward them, refocus your attention back to your breath by connecting to it, ground your feet into the earth below you, and go within where you will find asraya waiting for you.

My place of refuge is found within my practice!

June 2025

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 No Yoga Class	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 No Yoga Class	13 No Yoga Class	14
15 Father's Day	16 No Yoga Class	17 No Yoga Class	18 Rest Day	19 No Yoga Class	20 10 a.m. Beginner Led Yoga	21
22	23 10 a.m. Beginner 4:00 p.m. Intermed.	24 10 a.m. Mysore Private Session Required	25 Rest Day	26 No Yoga Class	27 10 a.m. Beginner Led Yoga	28
29	30 10 a.m. Beginner 4:00 p.m. Intermed.					