



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 - All Levels - 10 a.m.

Private Sessions Available Upon Request

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Website: jcyw.ca

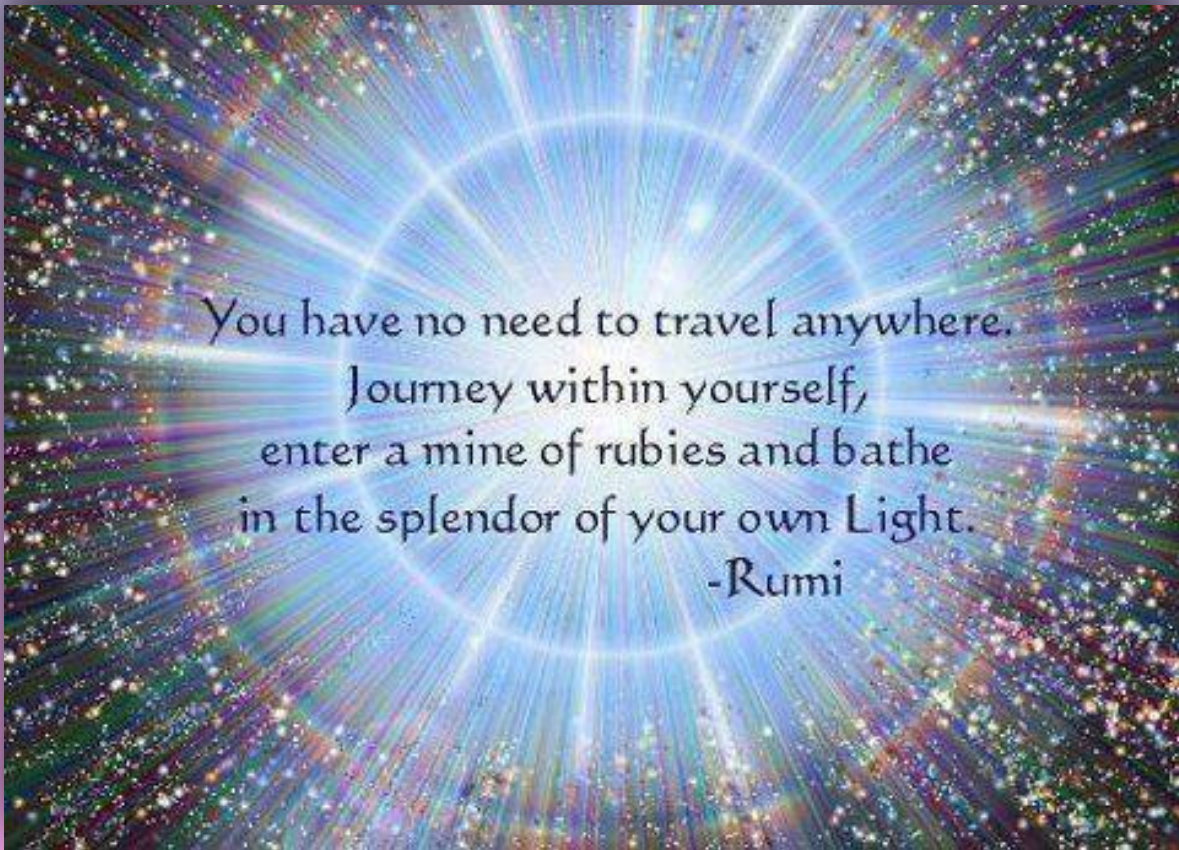
Breathe and Go



Connect and Flow!

June

Theme for the Month ~Atma~



Atma is the ultimate destination of our yoga practice. Modern Yoga often focuses on the physical body, while classical yoga uses the body and breath as tools to peel away outer layers of identity to realize the Atma within; our true, eternal self.



As I move deeper into each layer through my yoga practice, I come closer to the innermost layer of pure joy and peace!

June 2026

Your Monthly Yoga Planner

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