



## **Journey to the Center Yoga Winnipeg**

### ***March Class Schedule At The Link***

**Monday - Breathe & Connect - 10 a.m./Intermediate 4:00 p.m.**

**Tuesday – Mysore - 10 a.m.**

**Thursday – Intermediate - 10 a.m.**

**Friday - Breathe & Connect - 10 a.m.**

**Website: [jcyw.ca](http://jcyw.ca)**

***Private Sessions Available Upon Request***

**[@journeytothecenteryogawinnipeg@gmail.com](mailto:@journeytothecenteryogawinnipeg@gmail.com)**

***Breathe and Go***



***Connect and Flow!***

# March

## Theme for the Month



### *~Benefits of Chanting~*

Ashtanga Yoga traditionally has both an opening chant and a closing chant.

Because of Yoga's ancient roots, chants (or mantras) are offered in *Sanskrit* (the ancient language of India), however their meaning is said to be universal as Sanskrit is the language of the heart.

Chanting acts to shift the consciousness of the individual practicing the chant to a higher level of vibration. This in turn brings us closer to our *Source* or *Higher Self* – the aspect of ourselves that remains eternal – and leaves the practitioner filled with peace and feeling calm and centered.

Studies have shown that when a person chants, it can stabilize their heart rate, lowers blood pressure, produces beneficial endorphins in the body, and boost metabolic processes; so it perfectly compliments the physical practice of asana. ~ Chris Croft

***When I Chant I Feel Centered & at Peace!***

# March 2025

## Your Monthly Yoga Planner

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