



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 - 10 a.m.

Website: jcyw.ca

Private Sessions Available Upon Request

journeystothecenteryogawinnipeg@gmail.com

Breathe and Go

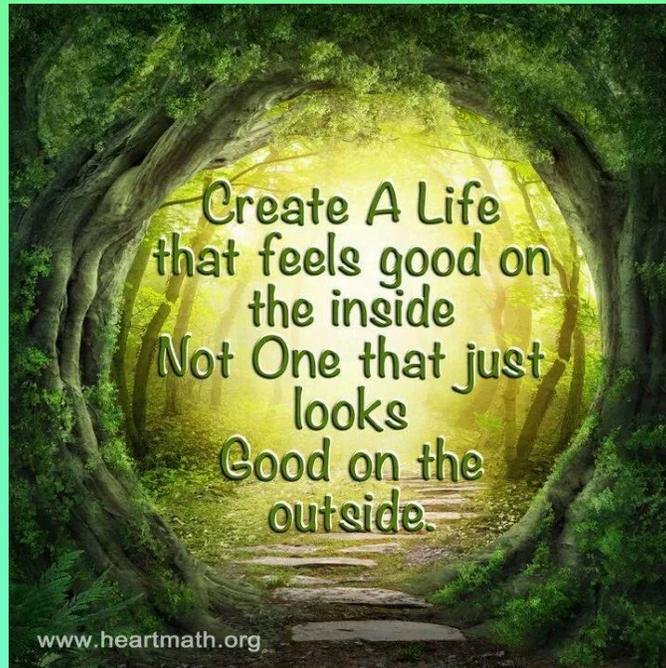


Connect and Flow!

March

Theme for the Month

~Going Within~



“The Ashtanga yoga practice has never been about what the body looks like. It’s about the inner mirror it holds up every single day; thoughts, ego, avoidance, learning, resilience, loss, and sometimes, quiet strength and joy.”

Kino MacGregor



I create a life that feels good when I go within and grow through the mirror of self discovery!

March 2026

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 Private Yoga Sessions	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 Private Yoga Sessions	13 10 a.m. Beginner Led Yoga	14
15	16 10 a.m. Beginner Led 4:00 p.m. Intermed.	17 10 a.m. Mysore  St. Patrick's Day	18 Rest Day	19 Private Yoga Sessions	20 No Yoga Classes	21
22	23 10 a.m. Beginner Led 4:00 p.m. Intermed.	24 10 a.m. Mysore Private Session Required	25 Rest Day	26 Private Yoga Sessions	27 10 a.m. Beginner Led Yoga	28
29	30 10 a.m. Beginner Led 4:00 p.m. Intermed.	31 10 a.m. Mysore Private Session Required	1 Rest Day	2 Private Yoga Sessions	3 10 a.m. Beginner Led Yoga	4