



Journey to the Center Yoga Winnipeg

May 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

journeytothecenteryogawinnipeg@gmail.com

Breathe and Go



Connect and Flow!

May

Theme for the Month

~Perspective~



Is Yoga Physical, Spiritual, or Religious?

“For those who have faith, asana are done to realize the link between the individual self and the cosmic self; here comes into play yoga as union.”

“For those who do not believe in God, but believe in the individual self, then yoga is the union between the individual self and mind.”

“Finally, for those who do not accept the individual self, yoga asanas are the union between self (body) and prana (vital force) energy.”


Yoga is all 3 based on our own perspective on the Universe!

~Krishnamacharya

My practice creates healing within my body!

May 2025

Your Monthly Yoga Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Rest Day	1 No Yoga Class	2 10 a.m. Beginner Led Yoga	3
4	5 10 a.m. Beginner Led 4:00 p.m. Intermed.	6 10 a.m. Mysore Private Session Required	7 Rest Day	8 No Yoga Class	9 10 a.m. Beginner Led Yoga	10
11 Mother's Day 	12 10 a.m. Beginner 4:00 p.m. Intermed.	13 10 a.m. Mysore Private Session Required	14 Rest Day	15 No Yoga Class	16 10 a.m. Beginner Led Yoga	17
18	19 Victoria Day	20 10 a.m. Mysore Private Session Required	21 Rest Day	22 No Yoga Class	23 10 a.m. Beginner Led Yoga	24
25	26 10 a.m. Beginner 4:00 p.m. Intermed.	27 10 a.m. Mysore Private Session Required	28 Rest Day	29 No Yoga Class	30 10 a.m. Beginner Led Yoga	31