



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.

Website: jcyw.ca

Private Sessions Available Upon Request



journeytothecenteryogawinnipeg@gmail.com

Breathe and Go Connect and Flow!

May

Theme for the Month ~Stillness~



Yoga likens the mind to a lake, with the ripples on the lake representing our thoughts and emotions. When the ripples subside the lake is still, and we can see the precious jewels lying silently in their glory at the bottom.

~Swami Kailasananda



My yoga practice stills my mind helping me to see what lies beneath the layers of my existence that I wasn't able to see before.

May 2026

Your Monthly Yoga Planner

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