



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

journeytothecenteryogawinnipeg@gmail.com

Breathe and Go



Connect and Flow!

November

Theme for the Month

~Pratyahara~



Experience the stillness of pratyahara while in shavasana.

Pratyahara is the 5th limb of Ashtanga Yoga. It is the bridge between the external and the internal where we practice turning our minds to introspection, by voluntarily shutting out the distractions from our senses. We register the sounds that occur around us, but these sounds do not create disturbances and reactions in our bodies and minds. It is this state of non-reaction that is pratyahara.

Shavasana is where we can begin to understand this limb by first experiencing physiological relaxation, and then by withdrawing from the external world without completely losing contact with it.


This space of stillness is the experience of pratyahara.

When I lie down in shavasana, I tune in to introspection!



November 2025

Your Monthly Yoga Planner

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