



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!

October

Theme for the Month

~Transition~

As we move from posture to posture in our Asana practice, we develop a sense of constant change that has a beginning, middle, and end, also know as an arising, an abiding, and dissolving. Our ability to not be attached to any outcomes with our practice is an important lesson for us to learn. Transition is where we are now, and does not mean we are there yet. Let's embrace this sometimes difficult journey together while bringing inner peace to our being!



My yoga practice helps me transition from this moment to the next without attachment!



October 2025

Your Monthly Yoga Planner

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