



## **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](http://jcyw.ca)**

***Private Sessions Available Upon Request***

**[journeytothecenteryogawinnipeg@gmail.com](mailto:journeytothecenteryogawinnipeg@gmail.com)**

***Breathe and Go***

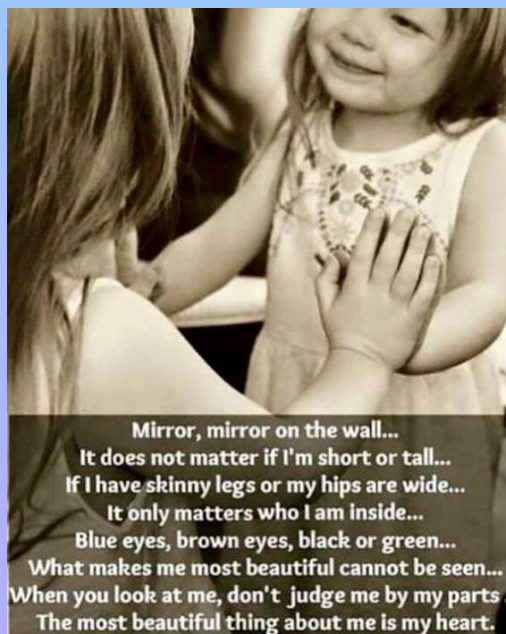


***Connect and Flow!***

# September

## Theme for the Month

~Non - Judgement ~



*When we are in that moment of judgement, we are not practicing yoga. It is very important that we notice when our thoughts are being judgemental of ourselves and others, so that we do not create harm to ourselves and others. Passing judgement is harmful because that energy of criticism lives in us and affects us on a conscious as well as a subconscious level which keeps us in a continuous cycle of suffering. When we practice non-harming, it creates a loving and compassionate relationship with the world. If you feel you can easily comment on others, chances are you are also well versed in judging yourself. Feelings of insecurity and unworthiness create suffering in ourselves and others. When practicing yoga, we can come into the present moment where our internal voice quiets and is replaced with an inner guru. In this space of silence, we are able to observe ourselves, neutrally acknowledging and accepting what is, which in turn brings us into a balanced sattvic state of awareness where we will find a deep appreciation for all that is. While our minds will always create judgements, with practice we can learn how to reduce and correct these harmful thought patterns on our yoga mats.*

*My yoga practice helps me create a loving and compassionate relationship with myself and the world around me!*



# September 2025

## Your Monthly Yoga Planner

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