



You call this **YOGA.**

November 2017

Dear Community Partner, Sponsor or Donor,

You Call This Yoga improves the health of the physically challenged and underserved in the Triangle region of North Carolina. We succeed with the help of dedicated yoga teachers, a team of volunteers, fundraising events, and support from partners, sponsors and donors such as you.

Our focus for yoga programs in 2018 is in three realms of service:

- Underserved youth
- Adults with mobility challenges
- Emotional health and healing

Your help is sought to:

- Sustain existing, free programs in southeast Raleigh via the Boys & Girls Club, the City of Raleigh Parks & Recreation, and Alliance Medical Ministry; for seniors in Wake Forest; and for veterans via the Durham VA in Raleigh and Durham
- Expand programming with these partners to reach different age groups and skill sets
- Initiate programs for emotional health and healing

We are asking you to sponsor programs by the year, month or single class. You can also direct your donation toward a specific program. Please consider supporting:

\$40 = 1 class \$160 = 1 month \$500 = 3 months \$1,000 = 6 months \$1,800 = 1 year

We budget 90% of your donation to be applied to teacher stipends, so every donation truly does make a difference.

Donate securely online: <https://youcallthisyoga.org/donate/>

Or mail your donation to: You Call This Yoga, 7508 Haymarket Lane, Raleigh, NC 27615

More info: YouCallThisYoga.org or contact Howie Shareff, 919-522-2646, Howie@youcallthisyoga.org

Thank you for your consideration and generosity!
Love from the YCTY team.

