

You call this

YOGA.

Autumn Harvest OF YOGA 2020

MONDAYS:

GENTLE YOGA FOR HEALING

1:00-2:00 pm

with Michaele Woodhouse

September 14 - December 7

Sponsored by:

Waverly Hematology Oncology

YIN YOGA FOR BEDTIME, OR ANYTIME!

7:00-8:00 pm

with Keisha Battles

September 14 - December 7

Sponsored by:

The Joel Fund

TUESDAYS:

FLOW, MEDITATE, JOURNAL

6:30-7:30 am

with Bethany Goodson

September 15 - December 8

Sponsored by:

Active Healthcare

STRESS MANAGEMENT AT THE DESK OR ANYWHERE

12:00-1:00 pm

with Tiffany Candiotti

September 15 - December 8

Sponsored by:

Active Healthcare

ACTIVE YOGA FOR HEALING

6:30-7:30 pm

with Amy Rockwell

September 15 - December 8

Sponsored by:

Waverly Hematology Oncology

WEDNESDAYS:

HEALING YOGA

11:00-11:50 am

with JJ Gormley

September 16 - December 9

Sponsored by:

Deb Orol RN, Holistic Health Coach

LEARNING TO LET GO-YOGA SERIES FOR THE BIPOC COMMUNITY

7:00-8:00 pm

with Briana Young-Roane

September 16 - October 21

Sponsored by:

Tyndall TreeHouse

THURSDAYS:

CHAIR YOGA:

NOT JUST SITTING AROUND!

1:30-2:15 pm

with Anita Haravon

September 17 - December 10

Sponsored by:

Celia Hartnett LCSW

FLOW, STRETCH, MEDITATE

7:00-8:00 am

with Courtney Gendron

September 17 - December 10

Sponsored by:

EPIC Physical Therapy

MIND-BODY YOGA

6:30-7:30 pm

with Anand Bhatt

September 17 - December 10

Sponsored by:

Bliss Body Yoga

FRIDAYS:

STRETCH & REST:

GENTLE MOVEMENT AND RESTORATIVE YOGA

10:30-11:30 am

with Kristen Rae

September 18 - December 11

Sponsored by:

**Wake County
Community Foundation**

MEDITATION & UNIQUE STYLES OF YOGA

12:00-1:00 pm

with 6 YogaFestOnline All-Stars

September 18 - December 11

Sponsored by:

blue lotus yoga

SATURDAYS:

ADAPTIVE CHAIR YOGA

10:00-11:00 am

with Anjana Rathores

September 19 - December 12

Sponsored by:

Cary Integrative Health

REGISTER:
[YOUCALLTHISYOGA.ORG/
EVENTS](https://youcallthisyoga.org/events)

Hosted by: You call this **YOGA.**