

You call this **YOGA.** presents

SPRING INTO WELL-BEING

April 9 - June 20, 2021

Free Live Classes 7 Days a Week • Teachers from NC and around the World •
Enjoy Yoga for Veterans, People Touched by Cancer, Chair, Gentle & Active Mat for
Healing, Yin, Community Yoga (BIPOC Healing), Spanish Spoken, and Meditation

MONDAYS

1:00-2:00pm
GENTLE YOGA
FOR HEALING
Michaele Woodhouse

5:30-6:30pm
RESTORATIVE YIN
YOGA FOR VETERANS
AND THEIR FAMILIES
Nicole

7:00-8:00pm
YIN FOR BEDTIME/
ANYTIME
Kiesha Battles

TUESDAYS

6:30-7:15am
FLOW, MEDITATE,
JOURNAL
Bethany Goodson

10:30-11:20am
HEALING YOGA
FOR BACK CARE
Jyoti Shah

12:00-1:00pm
LOW-IMPACT
STABILITY FLOW
Kristen Rae

5:30-6:30pm
ACTIVE YOGA
FOR HEALING
Amy Rockwell

WEDNESDAYS

11:00-11:50am
HEALING YOGA
JJ Gormley

5:30-6:30pm
CHAIR YOGA FLOW
Claire Cunneen



THURSDAYS

7:00-7:45 am
FLOWWITHME
CHAIR YOGA
*Sara de Miguel
Hernández*

1:15-2:15pm
YOGA FOR ALL LEVELS
JJ Gormley

6:00-7:00pm
COMMUNITY YOGA
(BIPOC HEALING)
*Kiesha Battles
Bethany Goodson
Courtney Gendron
Karla Vallecillo*

FRIDAYS

10:30-11:30am
STRETCH & REST:
GENTLE MOVEMENT &
RESTORATIVE YOGA
Kristen Rae

SATURDAYS

8:30-9:30am
YOGA-STABILITY &
BALANCE (IN SPANISH)
Monica McGee

10:00-11:00am
CHAIR & STANDING
YOGA (IN SPANISH)
*Amma Fandiño
Juan Martinez*

SUNDAYS

MEDITATION
AND HEALING:

7:00-8:15pm
*Tom Spector (April-
3 week series)*

7:00-7:45pm
*Erin Flanagan (May)
Anjana Rathores (June)*

Times are USA-EDT, no classes Memorial Day Weekend

*Sponsored by Active Healthcare, American Oncology
Network, The Joel Fund, Tyndall Treehouse,
You Call This Yoga & Private Donors!*

LEARN MORE & REGISTER: youcallthisyoga.org/spring-into-wellbeing/