

YOU CALL THIS YOGA presents

Winter Yoga 2022

JANUARY 10 - MARCH 19

Free, accessible yoga worldwide! • English and Spanish classes

MONDAYS

11:00 AM EST
HEALING CHAIR YOGA

JJ Gormley

Sponsored by [Active Healthcare](#)

1:00 PM EST
GENTLE YOGA

Michael Woodhouse

Sponsored by
[Waverly Hematology Oncology](#)

TUESDAYS

10:30 AM EST
ACTIVE YOGA BASICS

Kristen Rae

Sponsored by
[Waverly Hematology Oncology](#)

THURSDAYS

7:00 PM EST
BI-LINGUAL GENTLE FLOW

Carolina Chavez

Sponsored by
[Donors to You Call This Yoga](#)

FRIDAYS

10:30 AM EST
STRETCH & REST

Kristen Rae

Sponsored by
[Donors to You Call This Yoga](#)

12:00 PM EST
YOGA FOR BACK CARE

Anjana Rathore

Sponsored by [Active Healthcare](#)

7:00 PM EST
YIN FOR BEDTIME/ANYTIME

Kiesha Battles

Sponsored by [Tyndall Treehouse](#)

SATURDAYS

10:00 AM EST
**CHAIR & STANDING YOGA
EN ESPAÑOL**

Amma Fandino y Juan Martinez

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LEARN MORE & REGISTER:
youcallthisyoga.org/winter-yoga-2022/

You call this

YOGA.