

Visit our website

February 3, 2022 Newsletter



You call this

YOGA.

In-Person Yoga at Meals On Wheels and Alliance Medical Ministry

YCTY returned to the community with in-person chair yoga at two [Meals On Wheels of Wake County](#) Friendship Cafes in January. This partnership began last Autumn and continues at St. Saviour's Center in downtown Raleigh, and now at Five Points Center for Active Adults. A third location is on hold at Redeeming Love Missionary Baptist Church due to COVID protocols. Any senior over 60 years old may join for a weekly class at 10:30 before the 11:00 lunch. Enjoy this [brief video introduction from Program Director Sharon Lawson](#). Want another tidbit? [Enjoy this Spectrum TV segment](#). Have any questions? [Email us](#).

"Reunited and it feels so good"! That is how it feels for YCTY to return to provide chair and maybe gentle mat yoga at our long standing partner [Alliance Medical Ministry](#) (AMM). Beginning Tuesday Feb. 8 at 6:30pm. Carolina Chavez and Howie Shareff will co-teach chair yoga to an in-person bilingual patient **and** broadcast audience. Talk about Double-Dipping! This fun and innovative class is sponsored by our host, who provides healthcare to people who are employed and uninsured. YCTY had provided live classes and partnered with AMM for events since 2013 until the pandemic arrived. If you would like to experience chair yoga live and online, AMM is broadcasting on Facebook Messenger. Recent classes have been primarily

in Spanish, however Howie will provide adaptive yoga cues (and fondues) in English. To register online, text AMM's dedicated number (919-630-3291) for a link by 6:15. Come hungry for fun!



SPECIAL ANNOUNCEMENT

Chair-based Yoga classes available soon!

Join our community for gentle movement, breathing and stretches to feel better and work up your appetite.

Plenty of room to safely spread out.

Classes begin the week of January 24 for 10 weeks
10:30 am to 11:00 am

Presented by the Raleigh nonprofit [You Call This Yoga](#)

Mondays at St. Saviour's - Tucker Street - Instructor - Anjana Rathores
Tuesdays at Five Points Center for Active Adults - Instructor - Anjana Rathores
Tuesdays at Redeeming Love - Instructor - Amy Rockwell

SIGN UP IN ADVANCE TO RESERVE YOUR SPOT:

Glen at Five Points, 2000 Noble Rd., Raleigh - 919-322-1694

fivepoints@wakemow.org

Eloise at Redeeming Love, 3425 Rock Quarry Rd., Raleigh - 919-665-8885

redemptinglove@wakemow.org

Deanna at St. Saviour's, 616 Tucker St., Raleigh - 919-801-4009

saintsavours@wakemow.org



YCTY Director, Howie Shareff and Elise Dorsett teaching a chair yoga class at [Alliance Medical Ministry](#) (AMM) in 2013

Online Winter Yoga 2022



You Call This Yoga Director, Howie Shareff, YCTY teachers Anjana Rathore (l) and Carolina Chavez (r)

“Life is a box of chocolate”. Sweeten your day with free online yoga. Our assortment of eight weekly classes provide you a delicious journey into wellness and fun. Mix it up and try a class that is bilingual or in Spanish! Yearning to relax? Friday night Yin Party! Want to sit tight? Snack on chair yoga! Ready to feel richly fluid? Flow with our mat classes. Enough said, [please visit our website](#). No napkins are required.

Season of Giving Results

Our year end fundraiser consisted of Giving Tuesday Day of Yoga, Silent Auction, Beach House Raffle and generous donations by friends of YCTY. Our total raised for programming in 2022 was \$9,000. We cherish all who helped and donated.

Congratulations to the beach house raffle winner (Gina), and silent auction (Kiesha).

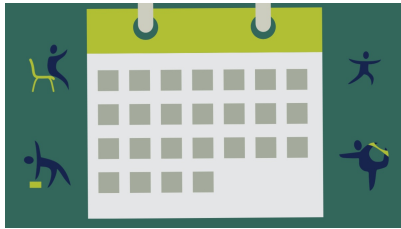
We hoped to generate at least \$20,000 to fully fund the year. We are seeking [sponsors \(starting at \\$400\)](#) and [donors \(starting at \\$10\)](#) to sustain our pioneering efforts to provide free yoga to enhance physical and emotional well-being. Please learn more and pay yoga forward.



Seeking Feedback via Student Survey

We ask for your help in learning more about our students. Please take [this anonymous brief survey \(Spanish version\)](#) if you have practiced with us in 2021 or 2022. Thank you.

Practice with us



[Calendar](#)



[Videos](#)

[Make A Donation](#)

You Call This Yoga

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[Connect with us!](#)

