

Visit our website

April 12, 2022 Newsletter



You call this

YOGA.

Online Spring Yoga Begins April 25

Welcome back to another season of fresh, live yoga, as taught by the YCTY team of Kristen Rae, Kiesha Battles, JJ Gormley, Carolina Chavez, Michael Woodhouse and Amma Fandino (who is in Bogota Colombia). Our focus is on gentle accessible yoga, seated or on the mat, spoken in English, Spanish or both! We have eliminated the labeling of classes for specific groups and seek to provide #yogaforall.

Monday Healing Chair Yoga with JJ Gormley 11:00 AM

Monday Gentle Yoga with Michael Woodhouse 1:00 PM

Monday Bi-Lingual Gentle Flow with Carolina Chavez 6:00 PM

Tuesday Active Yoga Basics with Kristen Rae 10:30 AM

Tuesday Managing Emotional Health in Spanish with Amma Fandino 7:00 PM

Thursday Yin for Bedtime/Anytime with Kiesha Battles 7:00 PM

Friday Stretch & Rest with Kristen Rae 10:30 AM

Saturday Chair & Standing Yoga in Spanish with Amma Fandino 10:00 AM

We greatly appreciate the sponsors for our free online classes: [Active Healthcare](#), [Waverly Hematology Oncology](#), [Tyndall Treehouse](#) and



donors to YCTY (please join in). Please learn more about them on their website. Class registration will be via Zoom, opening on April 20. Watch for our announcement in the near future.

Outdoor Pop Ups at Dix Park on First Monday of the Month



Thanks to the creative energy of YCTY teacher Carolina Chavez, we will offer in-person and virtually broadcast bilingual mat yoga at Dix Park in Raleigh. Classes occur on May 2 and June 6. Bring friends and family to enjoy a multi-language gentle yoga experience. Watch for our announcement in the near future.

Managing Emotional Health in Spanish with Amma Fandiño

Our dear friend and YTY teacher Amma Fandiño has prepared an informative and insightful program to help manage your emotional health. The free online program will be offered in Spanish for six weeks from May 3 - June 7. Watch for our registration update and please share with those who are Spanish speakers.

Seniors Feast on Yoga at Meals On Wheels



YCTY's partnership with [Meals on Wheels of Wake County](#) continues this Spring with three weekly classes at Friendship Cafes at Saint Saviour's Center, Five Points Center for Active Adults and Redeeming Love Missionary Baptist Church. Seniors 60+ years old are eligible for the program and lunch. Join in for the camaraderie and fun with

Yoga Props for Sale



There are many props available at a deep discount to enhance your yoga practice. We have sold all of the bolsters and have raised over \$500 for YCTY programming. Help yourself and others with this special liquidation sale. Props are available for pickup in Raleigh. [Contact Howie](#) for prices and logistics.

Volunteers Needed



Caro & Howie at Alliance Medical Ministry

YCTY's outreach has grown to include the Spanish speaking community. Our website is almost fully translated. [Check it out!](#) However, we seek more help in translating English to Spanish, website graphics, marketing on social media and management of the organization. [Inquiries may be sent to Howie](#) for review and [our registration is here](#). Please consider helping or referring to us people with skills and passion to provide #yogaforall.

Practice with us



[Calendar](#)



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You Call This Yoga

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Connect with us!

