

Visit our website

March 7, 2022 Newsletter



You call this

YOGA.

Change in Spring Yoga 2022 Broadcast Platform



We have learned that many people miss our Zoom broadcasts due to their preference not to create or manage an account. This insight was gained when broadcasting our bilingual class with Alliance Medical Ministry last month. A recent chat with an affiliate of Meals on Wheels of Wake County cited a similar tendency in their community. As a result, we are exploring Facebook Messenger as our choice to further open the door to free online classes. For all of our students, stay tuned to our social media channels,

website and next month's newsletter. This is totally new to us and we welcome your feedback ASAP about this platform. [Please contact Howie](#) to share your thoughts.

Website Updates are in the Works

YCTY has made significant progress in revamping our website with new content and Spanish translation. This multi-month endeavor has involved several team members, with a special shout out to our translator and Saturday chair yoga teacher Amma

Fandiño in Bogota, Colombia. While we have removed inactive content, there have been delays in the updating of our pictures. [Visit our website](#), where you may learn about yoga in Spanish or English too! Just click on the flag. More updates are coming soon.

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
Michele 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
Anima Fandiño y Juan Martinez
Sponsored by
Donors to You Call This Yoga



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

You call this **YOGA.**

YOU CALL THIS YOGA presenta

Yoga de Invierno 2022

10 DE ENERO al 19 DE MARZO

Gratis, yoga accesible en todo el mundo • Clases en español e inglés •
Todas las clases en horario EST (Nueva York/ Miami) Revisar tu calendario

LUNES
11:00 AM EST
YOGA SANADOR EN SILLA
JJ Gormley
Auspiciado por *Active Healthcare*

1:00 PM EST
YOGA GENTIL
Michele Woodhouse
Auspiciado por
Waverly Hematology Oncology

MARTES
10:30 AM EST
YOGA BASICO ACTIVO
Kristen Rae
Auspiciado por
Waverly Hematology Oncology

JUEVES
7:00 PM EST
YOGA FLOW BILINGUE
Carolina Chavez
Auspiciado por
Donors to You Call This Yoga

VIERNES
10:30 AM EST
ESTIRATE Y DESCANSA
Kristen Rae
Auspiciado por
Donors to You Call This Yoga

12:00 PM EST
YOGA PARA EL CUIDADO
DE LA ESPALDA
Anjana Rathore
Auspiciado por *Active Healthcare*

7:00 PM EST
YIN PARA DORMIR Y RELAJARSE
Kiesha Battles
Auspiciado por *Tyndall Treehouse*

SÁBADO
10:00 AM EST
YOGA EN SILLA Y DE PIE
Anima Fandiño y Juan Martinez
Auspiciado por
Donors to You Call This Yoga



CONOCE MÁS Y REGÍSTRATE:
youcallthisyoga.org/winter-yoga-2022/

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Recruiting Volunteer Team Members

Our team is growing as we return to in-person classes and refine online programming. To sustain our free programs for anyone to enhance their physical and emotional well-being, we seek volunteers to serve as

- active leaders and managers for marketing, fundraising, governance
- a photographer for in-person class images from the Raleigh area
- a Spanish translator for our blogs and media content

Also, we seek

- [bilingual and English speaking yoga teachers](#) near or in the Raleigh area for in-person classes. Teachers for these classes receive a stipend

Please contact [Howie](#) with any questions. You can start the ball rolling by [visiting our website page to register](#). Your participation is welcomed.



Evgeniya (marketing), JJ (teaching), Mary Lou (website) Shannan (Board Pres.), Howie (Exec. Dir.) from 2021

Yoga Props in Search of New Homes



YCTY is looking for loving yogis to re-home our collection of new and gently (some once) used yoga props. The funds raised will support the ongoing production of free online classes. With a value of over \$1500, our goal is to raise \$800. Choose from 14 yummy bolsters, 100 colorful blocks, 38 comfy blankets, 44 various straps and 40+ medium and heavy mats. We look to sell locally (Triangle area) to avoid shipping and have the buyers do the pick up at YCTY's HQ in north Raleigh. [Please contact Howie](#) with any questions and offers.

Practice with us



[Calendar](#)



[Videos](#)

[Make A Donation](#)

You Call This Yoga

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Raleigh, NC 27615

Email: Howie@youcallthisyoga.org

Connect with us!

