

YOU CALL THIS YOGA presents

SUMMER YOGA

2022

July 18 - August 27

Free, online accessible yoga worldwide!

English and Spanish classes

In-Person Bilingual weekly class

MONDAYS

11:00 AM

HEALING CHAIR YOGA

with **JJ Gormley**

(previously recorded,

hosted by a guest teacher)

Sponsored by [Active Healthcare](#)

12:00 PM

GENTLE YOGA

with **Michaele Woodhouse**

(previously recorded,

hosted by a guest teacher)

Sponsored by

[Waverly Hematology Oncology](#)

6:30 PM

IN-PERSON BI-LINGUAL FLOW

with **Carolina Chavez**

at Dix Park in Raleigh

3 Dates: July 18, Aug. 1, Aug. 15

Sponsored by

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TUESDAYS

10:30 AM

ACTIVE YOGA BASICS

with **Kristen Rae**

Sponsored by

[Waverly Hematology Oncology](#)

7:00 PM

**YOGA FOR EMOTIONAL
REGULATION IN SPANISH**

with **Amma Fandino**

Sponsored by

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WEDNESDAYS

7:00 PM

IN-PERSON BI-LINGUAL FLOW

with **Carolina Chavez**

at Forest Hills Park in Durham

3 Dates: July 27, Aug. 10, Aug. 24

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THURSDAYS

7:00 PM

DEEP STRETCH

with **Niambi Goings**

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FRIDAYS

10:30 AM

STRETCH & REST

with **Kristen Rae**

Sponsored by [Active Healthcare](#)

SATURDAYS

10:00 AM

**CHAIR & STANDING YOGA
IN SPANISH**

with **Amma Fandino**

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

You call this

YOGA.