

YOU CALL THIS YOGA CLASSES

Sept. 12 - Nov. 19, 2022

Free, online accessible yoga worldwide!

English and Spanish classes

In-Person Bilingual weekly class

MONDAY

10:00 AM

HEALING CHAIR YOGA

with *JJ Gormley*

Sponsored by [Active Healthcare](#)

1:00 PM

GENTLE YOGA

with *Kiesha Battles*

Sponsored by

[Waverly Hematology Oncology](#)

TUESDAY

10:30 AM

ACTIVE YOGA BASICS

with *Kristen*

Sponsored by [Active Healthcare](#)

WEDNESDAY

6:30 PM

IN-PERSON BI-LINGUAL FLOW

with *Carolina Chavez*

Forest Hills Park in Durham:

Sept. 14 & 28, Oct. 5, 12 & 26,

Nov. 2 & 9

Dorothea Dix Park in Raleigh:

Sept. 21, Oct. 19, Nov. 16

Sponsored by [TowneBank/Raleigh](#)

THURSDAY

7:00 PM

DEEP STRETCH

with *Niambi Goings*

Sponsored by

[Donors to You Call This Yoga](#)

FRIDAY

10:30 AM

STRETCH & REST

with *Kristen*

Sponsored by

[Waverly Hematology Oncology](#)

SATURDAY

10:00 AM

CHAIR & STANDING YOGA

IN SPANISH

with *Amma Fandino*

Sponsored by

[Donors to You Call This Yoga](#)

You call this

YOGA.

LEARN MORE & REGISTER: youcallthisyoga.org/september-november-2022/