

Visit our website

December 28, 2022 Newsletter



You call this

YOGA.

## Thank You to All of the YCTY Community

Our relentless passion to provide free accessible yoga requires the support of many people. **We are blessed with volunteers for 90% of our operations** They provide a foundation for our organization's governance, funding, program development and marketing. The YCTY Board of Directors and Executive Director have navigated us through the pandemic while we refine offering classes online and in-person regionally. **Sponsors and donors have kept the programming in full swing** providing the stipends for our professional yoga teachers. [Please check out and support our sponsors](#). Donors also include contractors who provide reduced rates for their services. Speaking of **teachers**, their skillset, diversity, creativity and engagement within YCTY has never been better. Plus, gratitude to **our community of students and friends who attend and promote our classes**. We derive great joy from sharing the emotional and physical benefits of yoga and observing the personal growth of our students. Thank you for your participation, support and trust! Below are Howie, JJ, sponsor James Armstrong and Anne at Meals On Wheels in Wake Forest, and Carolina Chavez (5th on right )and students at Dix Hills in Raleigh.



## Highlights of 2022



Starting from the top, we are thrilled to have Kristen Rae as Board President and Kiesha Battles as Board member. Kristen leads our Programming as well as teaches online. Kiesha leads in Development of classes and funding and has taught online for YCTY in 2022. Our website has been refreshed and essentially all of it is bilingual. We cherish webmaster Mary Lou Mazzara's 9 years of service, teacher

Amma Fandino's translation and Landry Kuehn's photography. Social media postings on Facebook and Instagram (in two languages) are now managed by Carolina Chavez, who also teaches our bilingual classes. Howie manages LinkedIn postings and Courtney Gendron routinely gets our videos processed and uploaded to our YouTube channel. Brandi Gerew has joined our Development Team and has facilitated funding and community exposure for YCTY. Other supporting team throughout the year contribute too.

Programming has morphed from primarily online classes to a blend of online and in-person. Our year began with 11 online and 2 in-person classes and has ended with 6 online and 7 in-person. We are thrilled for the re-emergence of community yoga with weekly classes at Meals On Wheels of Wake County (3 locations), Alliance Medical Ministry and the Fellowship Home for Women. Plus monthly at the Jewish Community Center. All sites are in Raleigh.

## What's Coming in 2023

We begin 2023 with weekly [Winter Yoga classes](#) on January 9, including fan favorites from Kristen, JJ Gormley, Niambi Goings and Amma Fandino. Additionally,



a new, free in-person class with Kiesha Battles and 3 cohorts in Greensboro will occur on Saturdays at 10:30am. YCTY is partnering with sponsor I Am Yoga/Charlotte to initiate a program for the Greensboro community at the Cultural Arts Center. Also, Chair Yoga with Howie Shareff and Guest Teachers starts on Wednesdays at 11am. Howie's guests to date include his teacher, the world re-known Lakshmi Voelker and Charlotte chair yoga teacher Cassandra Cureton. Speaking of Howie, he will help kick off the Learn It Live "Fit & Free in 2023" Wellness Symposium on Jan. 9 with a 30 minute "Deskside Ergonomics, Chair Yoga and Meditation" webinar. [Join him for a free/optional donation class](#) You may never sit the same again!

Our pop-up outdoor classes are on hold until Spring. Stay tuned for those in the park as well as at the NC Museum of Art with Anjana Rathore.



Kiesha Battles



Anjana Rathore

## You Make a Difference



YCTY, like all charities, seek donations this time of year. We are a 501c3 nonprofit, recognized by the NCSECC as a legit charity, that has served NC since 2010. However, we have a small amount of total donors. Our Season of Giving, with a goal of \$15,000 has raised \$6,000 to date. This is funding for 300+ students to experience free accessible yoga. Our teachers are provided a \$50 stipend. Why not "adopt" an individual class or more? Even \$5-10/month (or once) for class production makes a difference. Sponsorships begin at \$400. Double your gift if your business has matching funds. We accept Venmo too, @YouCallThisYoga

[You may donate here.](#)

We also seek Team to manage our operations, plus Board members. If you are passionate and experienced in helping others, please consider joining our team as a yoga teacher or volunteer in marketing or development. [Register here](#). Also, you may [contact Howie with any thoughts or questions](#)

## Our Hope

Our desire is for all people to be tolerant of and compassionate towards each other. These can be very challenging times. We seek to provide a community and practice to bring people together. Thank you for reading this far and sharing in our mission.

## Practice with us



[Calendar](#)



[Videos](#)

Make A Donation

**You Call This Yoga**

7508 Haymarket Lane

Raleigh, NC 27615

Email: [Howie@youcallthisyoga.org](mailto:Howie@youcallthisyoga.org)

Connect with us!

