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January 17, 2023 eBlast



You call this **YOGA.**

Meet Your Chair Yoga Teachers, Join In!

We are thrilled to enroll regionally and internationally renowned chair yoga teachers to join our faculty. Howie recruited the pioneer of chair yoga, Lakshmi Voelker along with three of her graduates who teach in North Carolina (himself, Cassandra and Valerie). Add on Kiesha Battles and we are ready to help anyone #feelbetteranywhere and #getfitwhereyousit. Please meet the teachers below and [register here](#) for 45 minutes of wellness and fun, Wed. at 11:00 EST.

YOU CALL THIS YOGA presents

Winter Yoga 2023

JANUARY 9 - MARCH 4

FREE, ONLINE ACCESSIBLE YOGA • PLUS AN IN-PERSON WEEKLY CLASS!

<p>MONDAY</p> <p>10:00 AM HEALING CHAIR YOGA JJ Gormley <i>Sponsored by Active Healthcare</i></p> <p>TUESDAY</p> <p>10:30 AM ACTIVE YOGA BASICS Kristen Rae <i>Sponsored by Aerus Electrolux Richmond</i></p> <p>WEDNESDAY</p> <p>11:00 AM CHAIR YOGA Howie Shariff and Guest Teachers <i>Sponsored by Sandy & Deane Irving</i></p> <p>THURSDAY</p> <p>7:00 PM DEEP STRETCH Niambi Goings <i>Sponsored by Doctors to You Call This Yoga</i></p>	<p>FRIDAY</p> <p>10:00 AM STRETCH & REST Kristen Rae <i>Sponsored by Active Healthcare</i></p> <p>SATURDAY</p> <p>10:00 AM CHAIR & STANDING YOGA IN SPANISH Ariana Rando <i>Sponsored by Doctors to You Call This Yoga</i></p> <p>10:30 AM IN-PERSON SAFE YOGA Kiesha Battles and Team in Greensboro <i>Sponsored by I Am Yoga/Charlotte</i></p>
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Learn more & register: youcallthisyoga.org/january-march-2023

You call this **YOGA.**

YOU CALL THIS YOGA presenta

Yoga de Invierno 2023

9 DE ENERO - 4 DE MARZO

YOGA GRATUITO Y ACCESIBLE EN LÍNEA • ¡ADEMÁS DE UNA CLASE SEMANAL PRESENCIAL!

<p>LUNES</p> <p>10:00 AM YOGA SANADOR EN SILLA JJ Gormley (en inglés) <i>Auspiciado por Active Healthcare</i></p> <p>MARTES</p> <p>10:30 AM YOGA BASICO ACTIVO Kristen Rae (en inglés) <i>Auspiciado por Aerus Electrolux Richmond</i></p> <p>MIERCOLES</p> <p>11:00 AM YOGA EN SILLA Howie Shariff & Instructores invitados (en inglés) <i>Auspiciado por Sandy & Deane Irving</i></p> <p>JUEVES</p> <p>7:00 PM ESTIRAMIENTO PROFUNDO Niambi Goings (en inglés) <i>Auspiciado por Doctors to You Call This Yoga</i></p>	<p>VIERNES</p> <p>10:00 AM ESTIRATE Y DESCANSA Kristen Rae (en inglés) <i>Auspiciado por Active Healthcare</i></p> <p>SÁBADO</p> <p>10:00 AM YOGA EN SILLA Y DE PIE EN ESPAÑOL Ariana Rando <i>Auspiciado por Doctors to You Call This Yoga</i></p> <p>10:30 AM YOGA SEGURO, CLASE PRESENCIAL Kiesha Battles y su equipo en Greensboro (en inglés) <i>Auspiciado por I Am Yoga/Charlotte</i></p>
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Conoce más y regístrate: youcallthisyoga.org/january-march-2023

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Jan. 18 & Feb. 15 - Cassandra Cureton



As a yoga guide, Cassandra demonstrates the body-focused aspects of asana with a methodical and practical approach. Her class format incorporates breath work for mindful movement of the body through poses that improve strength, tone muscles, and increase flexibility and stability. Each class is focused on uniting the mind, body, and spirit (breath), plus weaving in nuggets to help participants understand and embrace yoga's life-supporting principles and philosophies.

Jan. 25 & Feb. 22 - Lakshmi Voelker Feb. 1 & Mar. 1 - Valerie Kiser

Lakshmi Voelker, E-RYT 500, C-IAYT, YACEP, KYT, AY Ambassador, Author, comes to the yoga mat and yoga chair with 54 years' experience. Her upcoming book, [Get Fit Where You Sit](#), features the Lakshmi Voelker Method of adapting mat poses to any chair, anywhere. She created chair yoga in 1982 along with the premier chair yoga teacher training certification. Lakshmi has dedicated her life to creating accessible paths to wellness with joy and a giving heart.

Valerie Kiser opened Sunrise Yoga Studio in Clemmons, NC, outside Winston-Salem in 2003. She founded the Yoga Alliance-registered 200-hour Sunrise Teacher Training program in 2008 and the 300-hour program in 2011. In 2015, Valerie co-founded the East Coast Yoga Therapy training program. It is among the first 30 yoga therapy training schools worldwide to be accredited by the International Association of Yoga Therapists.



Lakshmi Voelker



Valerie Kiser

Feb. 8 - Kiesha Battles

Kiesha serves as co-director of the Yoga Retreat for Women of Color™, as a member of the You Call This Yoga (YCTY)



Board of Directors, and as YCTY Development Coordinator. Kiesha owns her own business, I Am Yoga, which employs several certified yoga instructors to lead a variety of virtual yoga classes. I Am Yoga is a Yoga Alliance-certified Yoga Training School and Continuing Education Provider, offering both 200- and 300-hour yoga teacher training programs and numerous impactful workshops.

What We Seek

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



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You Call This Yoga

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[Connect with us!](#)

