

Visit our website

July 7, 2022 Newsletter



You call this

YOGA.

Classes Resume Online and In-Person July 18

Our Summer Yoga 2022 schedule provides new and more options to enjoy our weekly classes in the community or live online from July 18- August 27, or later on demand.

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Pop up in-person bilingual yoga with Carolina Chavez:

Monday July 18, August 1, 15 at 6:30pm at Dix Park, Raleigh - [register here](#)

Wednesday July 25, August 8, 22 at 7:00pm: at Forest Hills Park, Durham - [register here](#)

Pre-recorded with guest host teachers to provide support in the chat box during class:

Mondays at 11:00 “Healing Yoga with JJ Gormley”

Mondays at 12:00 “Gentle Yoga with Michael Woodhouse”

These will be available on the YCTY website after each class!

Live online:

Tuesdays at 10:30 “Active Yoga Basics with Kristen Rae”

Tuesdays at 7:00pm “Yoga for Emotional Regulation in Spanish with Amma Fandino”

Thursdays at 7:00pm “Deep Stretch with Niambi Goings”

Fridays at 10:30 “Stretch & Rest with Kristen Rae”

Saturdays at 10:00 “Yoga for Emotional Regulation in Spanish with Amma Fandino”

Join us and the community. Feel Better! Learn more and register:

<https://youcallthisyoga.org/summer-yoga-2022/>



Social Media Update

We are thrilled to have Carolina Chavez become our manager of YCTY social media. Our activity on [Facebook](#), [Instagram](#) and [LinkedIn](#) has become more orderly under Caro's supervision. We have class videos, pearls of wisdom, plus coming soon: yoga poses and their benefits. Caro also manages the Spanish social media on FB and IG as well as teaching our bilingual yoga classes in person and at Alliance Medical Ministry. Thank you Caro! Check out our pages and stay connected with our offerings.



Caro is fifth from the right with bilingual students at Dix Park, Raleigh

Moment of Zen

Here is a [time lapse video of sunset](#) at Sunset Beach, NC. Enjoy!

Practice with us



[Calendar](#)



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You Call This Yoga

7508 Haymarket Lane

Raleigh, NC 27615

Email: Howie@youcallthisyoga.org

[Connect with us!](#)

