

Visit our website

May 5, 2022 Newsletter



You call this

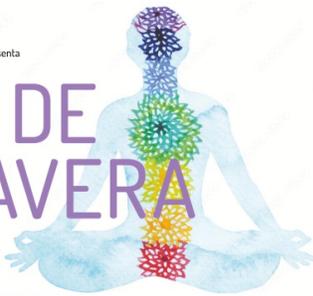
YOGA.

Spring Yoga is Underway, Join In!

With the world heating up in many ways, [free online and in-person yoga classes](#) are a therapeutic option for anyone. With the YCTY website available in English and Spanish, the doors to accessible yoga are open wider to the community. [Our teachers](#), business sponsors [Active Healthcare](#), [Waverly Hematology Oncology](#), [Tyndall Treehouse](#) and [donors to YCTY \(please join in\)](#) cherish the opportunity to foster emotional and physical well-being. English, bilingual and Spanish classes are now easier to join due to offering the class in a meeting format on Zoom. Please join Kristen Rae, Kiesha Battles, JJ Gormley, Carolina Chavez, Michaele Woodhouse and Amma Fandiño to feel better anywhere and join a community wherever you are. Consider signing in 15 minutes before class. If you experience any challenges signing in, please [email us](#).

You call this **YOGA.** presenta

YOGA DE PRIMAVERA 2022



25 DE ABRIL A 25 DE JUNIO

Gratis, virtual yoga accesible en todo el mundo • Clases en español e inglés
Todas las clases en horario EDT (hora Nueva York/ Miami) Revise su calendario

LUNES

11:00am
YOGA SANADOR
EN SILLA
Jl Gornley
Auspiciado por
Active Healthcare
Regístrate aquí
1:00pm
YOGA SUAVE
Michelle Woodhouse
Auspiciado por Waverly
Hematology Oncology
Regístrate aquí
6:00pm
YOGA FLOW BILINGUE
Carolina Chavez
Auspiciado por
Donante a YCTY
Regístrate aquí

MARTES

10:30am
YOGA BASICO ACTIVO
Kristen Rie
Auspiciado por Waverly
Hematology Oncology
Regístrate aquí
7:00pm
YOGA PARA REGULACION
DE EMOCIONES.
EN ESPAÑOL
Amma Fandino
(3 de Mayo a 7 de Junio)
Auspiciado por
Donante a YCTY
Regístrate aquí

JUEVES

7:00pm
YIN YOGA PARA
DORMIR Y RELAJARSE
Kiesha Battles
Auspiciado por
Tyndall Treehouse
Regístrate aquí

SÁBADO

10:00am
YOGA EN SILLA
Y DE PIE
Amma Fandino
Auspiciado por
Donante a YCTY
Regístrate aquí

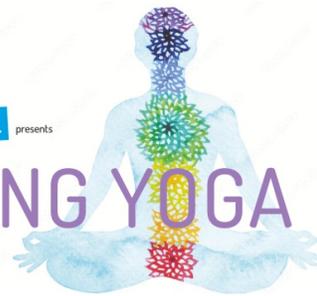
VIERNES

10:30am
ESTIRAR Y DESCANSA
Kristen Rie
Auspiciado por
Active Healthcare
Regístrate aquí

CONOCE MÁS Y REGÍSTRATE: youcallthisyoga.org/es/yoga-de-primavera-2022/

You call this **YOGA.** presents

SPRING YOGA 2022



APRIL 25 - JUNE 25

Free, online accessible yoga worldwide! • English and Spanish classes

MONDAYS

11:00am
HEALING CHAIR YOGA
Jl Gornley
Sponsored by
Active Healthcare
Regístrate aquí

1:00pm
GENTLE YOGA
Michelle Woodhouse
Sponsored by Waverly
Hematology Oncology
Regístrate aquí

6:00pm
BILINGUAL FLOW
Carolina Chavez
Sponsored by Donors to
You Call This Yoga
Regístrate aquí

TUESDAYS

10:30am
ACTIVE YOGA BASICS
Kristen Rie
Sponsored by Waverly
Hematology Oncology
Regístrate aquí

7:00pm
YOGA FOR EMOTIONAL
REGULATION IN SPANISH
Amma Fandino
(May 3 - June 7)
Sponsored by Donors to
You Call This Yoga
Regístrate aquí

THURSDAYS

7:00pm
YIN FOR BEDTIME/
ANYTIME
Kiesha Battles
Sponsored by Tyndall
Treehouse
Regístrate aquí

FRIDAYS

10:30am
STRETCH & REST
Kristen Rie
Sponsored by Active
Healthcare
Regístrate aquí

SATURDAYS

10:00am
CHAIR & STANDING
YOGA IN SPANISH
Amma Fandino
Sponsored by Donors
to You Call This Yoga
Regístrate aquí

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

YCTY Social Media Team is Diving Deep and Wide



We are thrilled to have planned a calendar and enrolled in a scheduling platform to coordinate our social media postings on Facebook, Instagram and LinkedIn. This has been a long process to develop a dedicated team of people who create, post and engage our community. Here is a sample ([a gentle mat yoga class taught by Kristen](#)) from this week's LinkedIn posting. Some team members are likely familiar to you, and several are new. We greatly appreciate the efforts of *Kristen* (FB, IG English), *Carolina* (FB, IG Spanish), *Chanele* (LinkedIn), *Aastha* (content), *Azah* (engagement), and *Taylor* (data metrics). Each person helps in one or more tasks. We seek more skilled managers. Join us on our media and/or [our volunteer team](#) and help share the healing benefits of yoga.

Meals On Wheels Update: Bring on the Subs!

If you were thinking of a special food menu change and new sponsor, you were almost there. With stalwart Anjana Rathore on break, the menu for teachers has changed for six weeks with fresh seated and standing chair yoga offerings from new YCTY teacher Karen Parrish and [senior teacher Howie Shareff](#). Karen is a certified Yoga For All teacher from Cary, NC who offers weekly classes online. [Meet Anjana and Karen in this brief video](#). Karen is covering St. Saviour's while Howie covers Five Points. Amy Rockwell continues to brown bag her special styles of chair yoga at



Karen Parrish -RYT 500



Howie Shareff

Tell Us What You Want



While quite different from the [Spice Girls \(dance party optional\)](#), our hope is for your feedback from our classes, experiences with our team, media and organization. Would you consider completing a brief survey about our classes and/or sharing your feedback directly (he doesn't bite) with [Howie](#). Tell him what you want!

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



[Calendar](#)



[Videos](#)

Make A Donation

You Call This Yoga

7508 Haymarket Lane

Raleigh, NC 27615

Email: Howie@youcallthisyoga.org

Connect with us!

