

Visit our website

November 3, 2022 Newsletter



You call this

**YOGA.**

## Join our Season of Giving from Nov. 29 - Dec. 31

Our theme is **Yoga for All**, with a vision of healthier individuals and communities through yoga practices. We are raising \$15,000 to provide 300 students with free yoga virtually and in-person regionally.

### Join us for:

**Giving Tuesday Day of Free Yoga** on November 29, [sponsored by TowneBank](#).

Plan to treat yourself, and share with others, four online classes with stellar teachers Kiesha Battles (yin at 11:00), Anjana Rathore, seated below (chair at 2:00) and Amma Fandino (yoga for emotional management at 6:30 in English and 7:15 in Spanish). [Learn more \(final details coming soon\) and register here](#).



# Silent Auction from Dec. 5 - 15

With fabulous destinations such as 3 or 7 nights at a luxury home in Sunset Beach, NC (below), online yoga education with Kiesha Battles, as well as with her and team at Kripalu in 2023 plus experiences to choose from such as massage, Carolina Hurricane hockey and Duke vs. NCSU basketball games, you must [visit our auction site](#)! Explore growing list of prizes and consider who do you know who may join in as well as provide items for us to fund free yoga for all. See the attached donation form and please share it. All monies raised go towards the production of free yoga for all.



## YCTY Team Highlight Kristen Rae is the New YCTY Board President

If you are familiar with YCTY, then you have seen Kristen's imprint on the teaching, promotion and development of our team. Kristen has shared her therapeutic yoga knowledge via teaching of weekly classes, advised teachers on techniques, and volunteered hundreds of hours since joining YCTY in our programming, marketing and now governance committees! What does Kristen seek? We are glad you wondered that, as there is room for more Board members and operations team! Who do you know that is ready to improve people's physical and mental well-being by actively planning our path, engaging sponsors and partners, and joining our diverse team of teachers? Please [email us with questions, ideas and introductions](#).





## New and Renewed Sponsors

We are thrilled to welcome:

New Silver Sponsor: **Armstrong Wealth Management** for our Meals On Wheels weekly chair yoga classes in Wake Forest, NC. Photo is of Howie, JJ Gormley (teacher), James Armstrong (sponsor), Ann (site manager)

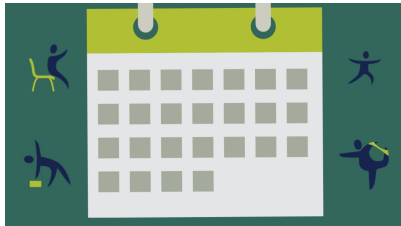
Returning Diamond Sponsor: **Active Healthcare**

Returning Silver Sponsor: **TowneBank** for Giving

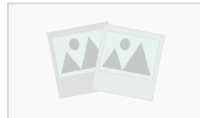
Tuesday Day of Yoga and funding for bilingual teacher's stipends in 2023  
Thank you for your generosity and trust in our team of yoga professionals!

We seek additional sponsors to assure free, accessible yoga for all. Please visit the [YCTY Sponsor page](#) to learn about these and other angels who are facilitating the well-being of our community.

## Practice with us



[Calendar](#)



[Videos](#)

[Make A Donation](#)

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[Connect with us!](#)

