

Visit our website

September 8, 2022 Newsletter



You call this

YOGA.

New Programs

We are excited to begin a twelve week in-person pilot chair yoga program at [The Fellowship Home for Women](#) in Raleigh this month. They provide a structured home environment for women in early recovery from substance use disorders. Our teacher is Karen Parrish. We are grateful for the trust that our host has extended to us and the belief that yoga is an essential part of healing. Howie was allowed to visit for their 6 month anniversary open house. He met Women's Program Manager April (left) and Executive Director Terri (center) .

Also, we have added weekly chair yoga classes for the month of September at the Meals On Wheels Wake Forest Friendship Cafe with yoga therapist JJ Gormley. We now have three locations of service in total, with Anjana Rathore teaching ongoing weekly classes at the St. Saviour's and Five Points locations.



Free Online & In-person Classes Begin Sept. 12

The YCTY All-Star Teachers are re-aligning to provide ten weeks of brilliance this Autumn season. Explore on-line chair yoga with JJ Gormley and Amma Fandino (Spanish), mat yoga with Kristen Rae, Kiesha Battles and Niambi Goings, and live bilingual mat yoga pop-ups in Durham (7) and Raleigh (3) with Carolina Chavez!

Registration is now through EventBrite to facilitate class promotion and management of data. We greatly appreciate the sponsors and donors who make the stipend available for our professional teachers, plus the YCTY volunteers who manage our media and teachers. Why not check out the schedule below, then [learn more and register](#) while it's fresh! Please share this with your community, too.

Monday	Healing Chair Yoga with JJ Gormley	10:00 AM
	Sponsored by Active Healthcare	
Monday	Gentle Yoga with Kiesha Battles	1:00 PM
	Sponsored by Waverly Hematology Oncology	
Tuesday	Active Yoga Basics with Kristen Rae	10:30 AM
	Sponsored by Active Healthcare	
Wednesday	In-person Bi-Lingual Gentle Flow with Carolina Chavez	6:30 PM
	Forest Hills Park in Durham Sept. 14 & 28, Oct. 5, 12 & 26, Nov. 2 & 9	
	Dorothea Dix Park in Raleigh Sept. 21, Oct.19, Nov. 16	
	Sponsored by TowneBank/Raleigh	
Thursday	Deep Stretch with Niambi Goings	7:00 PM
	Sponsored by Donors to You Call This Yoga	
Friday	Stretch & Rest with Kristen Rae	10:30 AM
	Sponsored by Waverly Hematology Oncology	
Saturday	Chair & Standing Yoga in Spanish with Amma Fandino	10:00 AM
	Sponsored by Donors to You Call This Yoga	

One of the greatest resources that any organization would dream of is a dedicated, caring and skilled professional. Meet Mary Lou Mazzara, who has been the wizard behind the curtain of the YCTY website for nine years! Please read her blog and be inspired by Mary Lou: “In 2013, one week after retiring from IBM, I started my yoga teacher training. In 2014, I met Howie (<https://accidental-goddess.com/2014/10/08/you-call-this-yoga/>) and joined the YCTY team as the webmaster. When not on my mat or managing websites, I can be found gardening, dancing, or struggling to improve my Italian language skills.” However, **Mary Lou needs help!**



Our website management needs have doubled with the addition of Spanish translation of all pages and our content. Who do you know that is bilingual, familiar with Wordpress platform and has, to quote Mary Lou, “good UI design skills, and knowledge of HTML & CSS”? In common English, setting up pages and a bit more. This volunteer position may average two hours per week and would make a big difference in advancing the sharing of accessible yoga with the Spanish speaking community! Please contact Howie@youcallthisyoga.org

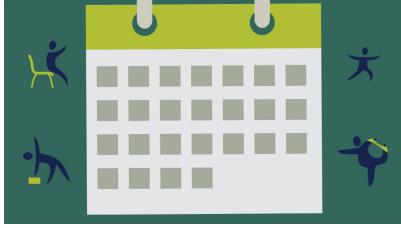


Please Help! Why Your Donations Matter...

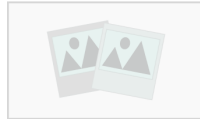
YCTY is a very lean and fiscally responsible organization that is run mostly but not exclusively by volunteers. We have a limited number of sponsors and rely on your donations to fund our teacher stipends, manage our free online and in-person programs, and cover operational expenses. Classes for seniors with disabilities, working people without insurance, women in substance abuse rehabilitation and bilingual pop ups in the park are part of the current and future classes that we look to sustain and expand with your help!

We have provided free yoga for all since 2010. [Please donate to our mission](#) and pay forward the benefits of yoga. Thank you for your support.

Practice with us



[Calendar](#)



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You Call This Yoga

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