

Visit our website

December 30, 2022 Eblast



You call this

**YOGA.**

## Winter Yoga Schedule & Fliers are Here

Our Winter Schedule is attached, ready for your review, [registration](#) and sharing. While you are at it, [please check out and support our sponsors](#)

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# Winter Yoga 2023

JANUARY 9 - MARCH 4

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

<p><b>MONDAY</b></p> <p>10:00 AM <b>HEALING CHAIR YOGA</b> JJ Gormley <i>Sponsored by Active Healthcare</i></p> <p><b>TUESDAY</b></p> <p>10:30 AM <b>ACTIVE YOGA BASICS</b> Kristen Rae <i>Sponsored by Aerus Electrolux Richmond</i></p> <p><b>WEDNESDAY</b></p> <p>11:00 AM <b>CHAIR YOGA</b> Howie Shareff and Guest Teachers <i>Sponsored by Sandy &amp; Deane Irving</i></p> <p><b>THURSDAY</b></p> <p>7:00 PM <b>DEEP STRETCH</b> Niambi Goings <i>Sponsored by Donors to You Call This Yoga</i></p>	<p><b>FRIDAY</b></p> <p>10:00 AM <b>STRETCH &amp; REST</b> Kristen Rae <i>Sponsored by Active Healthcare</i></p> <p><b>SATURDAY</b></p> <p>10:00 AM <b>CHAIR &amp; STANDING YOGA IN SPANISH</b> Amma Fandino <i>Sponsored by Donors to You Call This Yoga</i></p> <p>10:30 AM <b>IN-PERSON SAFE YOGA</b> 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](http://youcallthisyoga.org/january-march-2023)

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# Yoga de Invierno 2023

9 DE ENERO - 4 DE MARZO

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

<p><b>LUNES</b></p> <p>10:00 AM <b>YOGA SANADOR EN SILLA</b> JJ Gormley (en inglés) <i>Auspiciado por Active Healthcare</i></p> <p><b>MARTES</b></p> <p>10:30 AM <b>YOGA BASICO ACTIVO</b> Kristen Rae (en inglés) <i>Auspiciado por Aerus Electrolux Richmond</i></p> <p><b>MIÉRCOLES</b></p> <p>11:00 AM <b>YOGA EN SILLA</b> Howie Shareff e Instructores Invitados (en inglés) <i>Auspiciado por Sandy &amp; Deane Irving</i></p> <p><b>JUEVES</b></p> <p>7:00 PM <b>ESTIRAMIENTO PROFUNDO</b> Niambi Goings (en inglés) <i>Auspiciado por Donors to You Call This Yoga</i></p>	<p><b>VIERNES</b></p> <p>10:00 AM <b>ESTIRATE Y DESCANSA</b> Kristen Rae (en inglés) <i>Auspiciado por Active Healthcare</i></p> <p><b>SÁBADO</b></p> <p>10:00 AM <b>YOGA EN SILLA Y DE PIE EN ESPAÑOL</b> Amma Fandino <i>Auspiciado por Donors to You Call This Yoga</i></p> <p>10:30 AM <b>YOGA SEGURO, CLASE PRESENCIAL</b> 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](http://youcallthisyoga.org/january-march-2023)

## What Else in January?

Howie will help kick off the Learn It Live



"Fit & Free in 2023" Wellness Symposium on Jan. 9 at noon EST with a 30 minute "Deskside Ergonomics, Chair Yoga and Meditation" webinar. Aren't you ready to feel better while at your desk? [Join him for a free/optional donation class.](#)

## You Make a Difference



YCTY, like all charities, seek donations this time of year. We are a 501c3 nonprofit, recognized by the NCSECC as a legit charity, that has served NC since 2010. However, we have a small amount of total donors. Our Season of Giving, with a goal of \$15,000 has raised \$6,000 to date. This

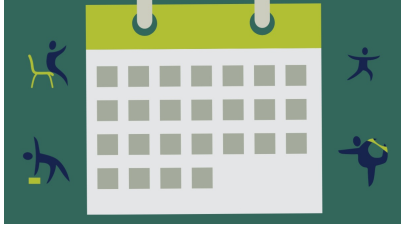
is funding for 300+ students to experience free accessible yoga. Our teachers are provided a \$50 stipend. Why not "adopt" an individual class or more? Even \$5-10/month (or once) for class production makes a difference. Sponsorships begin at \$400. Double your gift if your business has matching funds. We accept Venmo too, @YouCallThisYoga [You may donate here.](#)

## Our Hope

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

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[Connect with us!](#)

