

YOU CALL THIS YOGA presents

Winter Yoga 2023

JANUARY 9 - MARCH 4

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

MONDAY

10:00 AM
HEALING CHAIR YOGA
JJ Gormley
Sponsored by [Active Healthcare](#)

TUESDAY

10:30 AM
ACTIVE YOGA BASICS
Kristen Rae
Sponsored by [Aerus Electrolux Richmond](#)

WEDNESDAY

11:00 AM
CHAIR YOGA
Howie Shareff and Guest Teachers
Sponsored by [Sandy & Deane Irving](#)

THURSDAY

7:00 PM
DEEP STRETCH
Niambi Goings
Sponsored by [Donors to You Call This Yoga](#)

FRIDAY

10:00 AM
STRETCH & REST
Kristen Rae
Sponsored by [Active Healthcare](#)

SATURDAY

10:00 AM
**CHAIR & STANDING YOGA
IN SPANISH**
Amma Fandino
Sponsored by [Donors to You Call This Yoga](#)

10:30 AM
IN-PERSON SAFE YOGA
Kiesha Battles and
Team in Greensboro
Sponsored by [I Am Yoga/Charlotte](#)

You call this

YOGA.

LEARN MORE & REGISTER:

youcallthisyoga.org/january-march-2023