

# YOU CALL THIS YOGA CLASSES

March 27 - May 20, 2023

Free, online and in-person  
accessible, weekly classes!

## MONDAY

**10:00 AM**

**HEALING CHAIR YOGA**

with *JJ Gormley*

Sponsored by [Active Healthcare](#)

**6:00 PM**

**IN-PERSON GENTLE YOGA FLOW**

with *Karla Vallecillo* (Bilingual) and

*Shakira Bethea* (English) in Durham

Sponsored by [TowneBank](#)

## TUESDAY

**10:00 AM**

**ACTIVE YOGA BASICS**

with *Kristen Rae*

Sponsored by

[Aerus Electrolux Richmond](#)

## WEDNESDAY

**11:00 AM**

**CHAIR YOGA**

with *Cassandra Cureton*

and *Valerie Kiser*

Sponsored by

[Sandy & Deane Irving](#)

## THURSDAY

**10:00 AM**

**IN-PERSON CHAIR YOGA**

with *JJ Gormley*

(twice a month in Raleigh)

Sponsored by

[Armstrong Financial Services](#)

## FRIDAY

**10:00 AM**

**STRETCH & REST**

with *Kristen Rae*

Sponsored by [Active Healthcare](#)

## SATURDAY

**10:00 AM**

**CHAIR & STANDING YOGA**

**IN SPANISH**

with *Amma Fandino*

Sponsored by

[Donors to You Call This Yoga](#)

**10:30 AM**

**IN-PERSON SAFE YOGA**

with *Kiesha Battles and Team*

(in Greensboro)

Sponsored by [I Am Yoga/Charlotte,](#)

[Bolstered Yoga Props &](#)

[You Call This Yoga](#)

You call this

**YOGA.**

LEARN MORE & REGISTER: [youcallthisyoga.org/march-may-2023/](https://youcallthisyoga.org/march-may-2023/)