

YOGA CLASSES

June 5 - July 31, 2023

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

Mondays at 6:00 pm
In-person Gentle Yoga Flow
with Karla Vallecillo (Bilingual) &
Shakira Bethea (English) in Durham
Sponsored by [You Call This Yoga](#)

Tuesdays at 10:00 am
Active Yoga Basics
with Kristen Rae
Sponsored by [Aerus Electrolux Richmond](#)

Wednesdays at 11:00 am
Chair Yoga
with Cassandra Cureton & Valerie Kiser
Sponsored by Sandy and Deane Irving

Thursdays at 10:00 am
(first and third)
In-person Mat Yoga
with JJ Gormley in Raleigh
Sponsored by [Armstrong Financial Services](#)

Thursdays at 10:00 am
(second and fourth)
Chair Yoga
with JJ Gormley in Raleigh
Sponsored by [Armstrong Financial Services](#)

Fridays at 10:00 am
Stretch & Rest
with Kristen Rae
Sponsored by [Active Healthcare](#)

Saturdays at 10:30 am
In-person SAFE Yoga
with Kiesha Battles & Team
in Greensboro
*Sponsored by [I am Yoga/Charlotte](#)
and [You Call This Yoga](#)*

You call this

YOGA.

Learn More & Register: <https://youcallthisyoga.org/june-july-2023>