

# YOGA CLASSES

August 14 - October 10, 2023

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

You call this **YOGA.**

Mondays 11:00 am  
**ZOOM - Chair Yoga**  
with JJ Gormley and  
Cassandra Cureton  
*Sponsored by [Active Healthcare](#)*

Tuesdays 10:00 am  
**ZOOM - Yoga Mix**  
with Kristen  
*Sponsored by [Aerus Electrolux Richmond](#)*

Tuesdays 6:00 pm  
**Gentle Yoga Flow**  
with Karla Vallecillo (Bilingual) and  
Shakira Bethea (English) in Durham  
*Sponsored by [Matt Lawing, Realtor with West and Woodall](#)*

Thursdays 8:30 am  
**Gentle Mat Yoga**  
with Christa Carter in Durham  
*Sponsored by [Donors to You Call This Yoga](#)*

Thursdays 8:30 am (starts 9/14)  
**Gentle Mat Yoga**  
with Melissa and team in Raleigh  
*Sponsored by [Donors to You Call This Yoga](#)*

Saturdays 10:00 am  
**ZOOM-Chair & Standing Yoga  
in Spanish**  
with Amma Fandino  
*Sponsored by [Donors to You Call This Yoga](#)*

Saturdays 10:30 am (starts 9/16)  
**SAFE Yoga**  
with Andrea Cole & Team  
in Greensboro  
*Sponsored by [iamyoga](#)*

Saturdays 12:00 pm  
**SAFE Yoga**  
with Kiesha Battles & Team  
in Charlotte  
*Sponsored by [The Coterie](#) and [You Call This Yoga](#)*

Learn More & Register: <https://youcallthisyoga.org/aug-oct-2023/>