Visit our website

April 1, 2025







A Message from Howie



YCTY has been blessed to attract skilled and capable teachers, support team, Board Members, sponsors and partners over its fifteen years. Many current

relationships have grown over the last three to five years because of a shared understanding that accessible yoga is beneficial for anyone. Here are several.

Having safe places has been critical to our mission. Host/Sponsors include Alliance Medical Ministry for thirteen years, plus Meals On Wheels of Wake County Friendship Cafes and Blue Cross Blue Shield of NC for three years.

Providing accessible yoga to communities interested in wellbeing has been our strong point. Hosts that provide space for little or no cost include Greensboro Cultural Center, Durham Central Park and Wake County Public Library for three years, plus ReCity Network in Durham for two years.

Our largest Sponsor/donor, Active Healthcare has yogi owners who have provided us the funding to be innovative and resourceful for ten years. Our Board members and friends of YCTY continue to generously donate to meet our basic financial needs. Several donors give monthly.

YCTY's twenty teachers are yoga professionals who have years of practice and ongoing training. Teacher leaders: JJ, Andi and Cassandra have managed their regions' classes and team, attendance, recruitment and marketing for two years. This is a joy for the Executive Director.

Please join us to build your consistency and sustain our nonprofit org: In class, on YouTube, on the team, sponsor and/or donate. See you soon.

Howie

More Great Classes in Q2 Fresh Air in Durham Central Park

We are rolling along with classes from April thru June in a similar way as in Q1.

The main exceptions are:

classes in Durham return to Durham Central Park April 1, at 6:00and pop up classes in the Charlotte Public Library have returned

Spanish Yoga at Zin Yoga: four Saturdays on the calendar at 4:00, one at 1:00

Mat/Chair Classes at the Wake County Public Library will end in late May.

Please see and share our flier.



FREE IN-PERSON & ONLINE WEEKLY ACCESSIBLE YOGA CLASSES

April 1 - June 30, 2025

Boone

Gentle Chair Yoga

Wednesdays at 1:30PM BCBS Center with Pam Kidder-Ashley

Gentle Mat Yoga

Thursdays at 6PM **BCBS** Center with Pam Kidder-Ashley

Charlotte

Alternating Chair/Mat

Yoga

Wednesdays at 10AM **BCBS** Center with Cassandra Cureton

Durham

Gentle Yoga Flow

Tuesdays at 6PM **Durham Central Park** with Shakira Bethea & Karla Vallecillo (English/Spanish)

Greensboro

SAFE Yoga

Saturdays at 10:30AM Greensboro Cultural Center with Andrea Cole & Team

Raleigh

Alternating Chair/Mat

Yoga

Wednesdays at 10AM BCBS Center with JJ Gormley

Alternating Chair/Mat

Yoga

Thursdays at 10AM Raleigh N. Regional Library with Ben Clarke & JJ Gormley

Gentle Mat Yoga

Thursdays at 4:30PM WellCare Insurance with Carla Jernigan-Baker

Online

Standing & Seated Yoga in Spanish

Saturdays at 10AM with Amma Fandiño

Special Classes

Spanish Yoga

Apr. 19, May 3 & 24, and June 21 at 4PM June 7 at 1PM Zin Yoga in Garner, NC with Veronica Alarcon

SAFE Yoga Charlotte

Apr. 26, May 10 & 24, June 7 & 21 at 9:30AM Allegra Westbrooks Library with Cassandra Cureton &

Learn more + register:























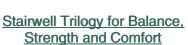
@youcallthisyoga

youcallthisyoga.org

Register for Class

YouTube Channel







Squat Pose to Prevent Back Tension



How do You Work Outside in an Ergonomic Way?

Howie adapts many of his physical therapy exercises to build balance, strength, comfort and focus. Also on the channel: JJ shares fun breathing exercises. Cassandra has poses that are all over the chair.

Check out the team. Subscribe to our growing library of accessible yoga practices.

Subscribe to Our YouTube Channel

Share Your Stories



Gentle Yoga at ReCity Network

We would love to read back about how YCTY classes have improved your wellbeing. That helps encourage others to join in and be consistent in their path to "greatness", however that may be.

Check out Alan from Durham's success story

Please contact Howie@youcallthisyoga.org to share yours.

Donate to Our Mission

You Call This Yoga

7508 Haymarket Lane Raleigh, NC 27615 Email: <u>Howie@youcallthisyoga.org</u> Connect with us!









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