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April 1, 2025



You call this

YOGA.

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 6:00 and
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.

You call this **YOGA.**

**FREE IN-PERSON & ONLINE WEEKLY
ACCESSIBLE YOGA CLASSES**
April 1 - June 30, 2025

Boone Gentle Chair Yoga <i>Wednesdays at 1:30PM</i> BCBS Center with Pam Kidder-Ashley	Greensboro SAFE Yoga <i>Saturdays at 10:30AM</i> Greensboro Cultural Center with Andrea Cole & Team	Online Standing & Seated Yoga in Spanish <i>Saturdays at 10AM</i> with Amma Fandiño
Gentle Mat Yoga <i>Thursdays at 6PM</i> BCBS Center with Pam Kidder-Ashley	Raleigh Alternating Chair/Mat Yoga <i>Wednesdays at 10AM</i> BCBS Center with JJ Gormley	Special Classes Spanish Yoga <i>Apr. 19, May 3 & 24, and June 21 at 4PM</i> <i>June 7 at 1PM</i> Zin Yoga in Garner, NC with Veronica Alarcon
Charlotte Alternating Chair/Mat Yoga <i>Wednesdays at 10AM</i> BCBS Center with Cassandra Cureton	Alternating Chair/Mat Yoga <i>Thursdays at 10AM</i> Raleigh N. Regional Library with Ben Clarke & JJ Gormley	SAFE Yoga Charlotte <i>Apr. 26, May 10 & 24, June 7 & 21 at 9:30AM</i> Allegra Westbrook Library with Cassandra Cureton & Team
Durham Gentle Yoga Flow <i>Tuesdays at 6PM</i> Durham Central Park with Shakira Bethea & Karla Vallecillo (English/Spanish)	Gentle Mat Yoga <i>Thursdays at 4:30PM</i> WellCare Insurance with Carla Jernigan-Baker	Learn more + register: 

Sponsors & Donors

    

  @youcallthisyoga youcallthisyoga.org

Register for Class

YouTube Channel



[Stairwell Trilogy for Balance, Strength and Comfort](#)



[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: Howie@youcallthisyoga.org

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