Visit our website

August 20, 2024





A Message from Howie

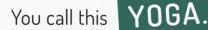


The opportunity for the leaders of YCTY to be in the same room last week was incredibly refreshing. Several traveled almost three hours to attend and meet

outside of Zoom. We shared our affinity for accessible yoga practices and the ways YCTY uniquely contributes to community well-being. I am honored to have professionals who guide, manage, and actively participate in YCTY's mission. All six members were present: From left: President Kiesha Battles, Treasure Max Lanning, Secretary Cassandra Cureton, ED Howie, Shakira Bethea, VP Kristen Ray, and seated is Amma Fandino (remotely from Colombia). The six Board members and I, with facilitator Nathan Kirkpatrick, focused on establishing the YCTY's vision and reaffirming the mission for years to come.

Howie

Join us for a class!





FREE in-person & online weekly accessible yoga classes July 1 - September 30, 2024

Boone

Alternating Chair/Mat

Yoga Wednesdays at 10AM **BCBS** Center with Kimberly Rossi

Charlotte

Alternating Chair/Mat Yoga

Wednesdays at 10AM BCBS Center with Cassandra Cureton

Durham

Gentle Yoga Flow Tuesdays at 6PM

ReCity Network with Shakira Bethea & Karla Vallecillo

Gentle Yoga Thursdays at 12PM ReCity Network with Christa Carter

Greensboro

SAFE Yoga Flow Saturdays at 10:30AM

Greensboro Cultural Center with Andrea Cole & Team

Raleigh

Alternating Chair/Mat Yoga

Wednesdays at 10AM BCBS Center with JJ Gormley

Online

Standing & Seated Yoga in Spanish

Saturdays at 10AM with Amma Fandiño

Special Classes

Gentle Yoga Flow

English & Spanish July 11, Aug 8, Sept. 12; 7PM Raleigh N. Regional Library with Veronica Alarcon

Community Yoga

July 28, Aug 25, Sept. 22 5PM **Durham Central Park** with Christa Carter, Shakira Bethea & Team

Learn more + register:



















@youcallthisyoga

youcallthisyoga.org

Join Us On YouTube!



Practice with us on YouTube!

Enjoy a 45-minute chair yoga class with JJ, and check out many more full-length classes and short videos on our YouTube channel.

YCTY Team at the Love Shine Play Yoga Festival in Asheville, NC



SAFE Yoga teachers (pictured are Georgianna Dowdy, Cassandra Cureton, and Kiesha Battles) provided a public class at the Festival on July 27th. About 12 people attended on a beautiful day, and each member of the team taught one segment of the class. The accessible yoga class (with chair adaptations) was at no cost to the attendees. Howie was present, too! We gratefully appreciate partnering with the Asheville Yoga Festival and contributing to community well-being.

Spotlight on JJ Gormley: YCTY Teacher and Programming Leader



JJ Gormley has been studying yoga since 1979, learning many yoga traditions from leading teachers in the world. She has also published many VHS and DVD recordings, a chanting CD, numerous yoga and yoga therapy training manuals, and co-authored Holistic Healing with Yoga Therapy. JJ founded the yoga therapy and 200 hour teacher school Surya Chandra Healing Yoga School and has students from across the United States.

JJ joined You Call This Yoga as a teacher in 2020. Her dedication and leadership skills were soon recognized. JJ took on the role of co-programming manager, assisting with the key task of managing YCTY's attendance. Her contributions have been instrumental in the organization's growth. More recently, JJ has been entrusted with the responsibility of managing programming in Wake County.

YCTY serves over 14 classes in Wake County. JJ teaches four: at a senior living center, the Public Library, Blue Cross-Blue Shield, and for Meals on Wheels members. Join JJ at these classes and more on YCTY's website.

Volunteer with You Call This Yoga

You Call This Yoga

7508 Haymarket Lane
Raleigh, NC 27615
Email: Howie@youcallthisyoga.org

Connect with us!









You Call This Yoga | 7508 Haymarket Lane | Raleigh, NC 27615 US

<u>Unsubscribe</u> | <u>Update Profile</u> | <u>Constant Contact Data Notice</u>

