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August 20, 2024



You call this

YOGA.

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!

You call this **YOGA.**

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	Greensboro SAFE Yoga Flow Saturdays at 10:30AM Greensboro Cultural Center with Andrea Cole & Team	Special Classes Gentle Yoga Flow English & Spanish July 11, Aug 8, Sept. 12; 7PM Raleigh N. Regional Library with Veronica Alarcon
Charlotte Alternating Chair/Mat Yoga Wednesdays at 10AM BCBS Center with Cassandra Cureton	Raleigh Alternating Chair/Mat Yoga Wednesdays at 10AM BCBS Center with JJ Gormley	Community Yoga July 28, Aug 25, Sept. 22 5PM Durham Central Park with Christa Carter, Shakira Bethea & Team
Durham Gentle Yoga Flow Tuesdays at 6PM ReCity Network with Shakira Bethea & Karla Vallecillo	Online Standing & Seated Yoga in Spanish Saturdays at 10AM with Amma Fandiño	Learn more + register: 
Gentle Yoga Thursdays at 12PM ReCity Network with Christa Carter		

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Register

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

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