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December 17, 2024



You call this

YOGA.

A Message from Howie

YCTY has made significant progress in 2024 with the increase of yoga classes across North Carolina and especially in Wake County. Our partners and donors have the faith and trust in our fabulous team of teachers and support staff to invest in the social, emotional and physical benefits of yoga. Our vision of people enjoying accessible yoga practices becomes more fulfilled each month. Thank you!

Yoga is an essential part of one's personal health diet. Little bits throughout the day balance out the demands of life that are both invited, uninvited or ever-present. My practice focuses on breathing and an elementary mat and chair practice that combines yoga and physical therapy for my arthritis and stress management. I regularly recalibrate with focused breathing and subtle movement, and get back to the journey.

Part of my journey and ongoing joy is to lead YCTY and develop opportunities for people to enjoy free and accessible yoga across North Carolina. Join our classes and view the [YCTY YouTube videos](#) to explore your own path for improved

wellbeing during the holidays as well as in 2025.

– Howie

Greetings from the Team



New Destinations, Team & Sponsors



Howie with MOW Team in Fuquay Varina

Classes

- Increase from three to five per week for seniors across Wake County, NC with Meals On Wheels of Wake County in Fuquay Varina and Raleigh.
- A second offering in Boone as a response to Hurricane Helene's impact on the community.
- Central Prison in Raleigh for the medical staff.

Team

- Carol Beehler as Board member who serves on the Governance Committee
- Salena Vaughn as Executive Assistant to the Exec. Director Howie
- Nikita Verma as marketing adviser to [Howie on LinkedIn](#)
- Pam Ashley-Kidder as weekly yoga teacher in Boone

Sponsors

- Pinnacle Bank as Gold level (1 year = 40+ classes)
- Saison Consulting as Bronze level (3 months = 10 classes)
- Remedy Clinic and The Sport of Massage in Raleigh as Supporting level (operations)

What Keeps Rolling Along



Classes

We are continuing at most current public and private locations. In addition to eleven public classes on our website, we serve nine private communities. These include patients at Alliance Medical Ministry (13 years), members of Meals On Wheels (3 years), and residents of Springmoor and The Willows (2 years). That's twenty locations!

Come on Board and Sail

- **Classes:** January schedule coming soon, stay tuned to FB, IG, LI
- **YouTube:** New shorts from Howie on yoga questions, check it out
- **Team:** Seeking Management & Board Prospects (contact Howie to discuss)
- **Season of Giving thru Dec. 31:** Our goal of \$16,000 is to fund three classes at no cost to participants in 2025. Nine of our classes are funded by donations. This is for teacher stipends and YCTY admin. Support. We have raised \$7,000 to date. Your Donations Make a Difference in People's Lives

Donate Now!

You Call This Yoga

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