

Visit our website

January 14, 2025



You call this

**YOGA.**

## A Message from Howie

Each day, I practice my form of accessible yoga to manage arthritis, sleep challenges and life's roller coaster of experiences. My practice literally grounds me and against a wall beam ([see video](#)) while I explore my body, breath, and emotions. I build on the humble lessons from my limitations within and revelation in the small successes of this journey. This inspires me to help others learn accessible yoga by fundraising for YCTY's teachers and support systems.

The 2024 YCTY Season of Giving raised \$7,500. Thank you to our new donors. We will be using the funds for two key areas: classes at three locations (SAFE Yoga in Greensboro and Charlotte plus gentle mat & chair yoga in Raleigh at the Public Library), plus funds for updating the YCTY website. The YCTY Board of Directors, Team and I are very grateful to all who make our vision of people enjoying accessible yoga a greater reality each year.

– Howie

# Classes are Underway

YCTY is here to foster change and growth with nine public classes across North Carolina, one online and nine others in private settings in Wake County. Nineteen in total!

We greatly appreciate our team of Sponsors, Donors, Hosts, Teachers and Support Staff who contributed to our schedule of free accessible yoga for the next three months. Please learn more about our [public classes \(and register\)](#), [teachers and class descriptions](#) and [sponsors](#) on the YCTY website pages.

You call this **YOGA.**

## FREE IN-PERSON & ONLINE WEEKLY ACCESSIBLE YOGA CLASSES January 4 - March 31, 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  
ReCity Network -  
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

#### Chair Yoga

Thursdays at 5PM  
WellCare Insurance  
with Carla Jernigan-Baker

### Online

#### Standing & Seated Yoga in Spanish

Saturdays at 10AM  
with Amma Fandiño

### Special Classes

#### Spanish Yoga

Jan. 4 & 18, Feb. 1 & 22,  
March 1  
Zin Yoga in Garner, NC  
with Veronica Alarcon

Learn more +  
register:



### Sponsors & Donors



Donors to  
You Call this Yoga



@youcallthisyoga

youcallthisyoga.org

## New Yoga Video Shorts on YouTube



We are making new short videos each week and sharing them on the [YCTY YouTube channel](#). Learn tidbits of yoga that could significantly improve your practice.

Have any requests? Please [share them with Howie](#)

## March 10 is YCTY's Fifteenth Birthday





Alliance Medical Ministry 2013, Elise Dorsett teacher

Yes, we have been serving the Triangle, North Carolina and worldwide since 2010, providing free accessible yoga to tens of thousands of people. We will celebrate by sharing highlights each Monday on Howie's LinkedIn page as well as on YCTY's Facebook page. Stay tuned in.

Have any fond memories or testimonials? Please [share them with Howie](#)

[Donate to Our Mission](#)

## You Call This Yoga

7508 Haymarket Lane  
Raleigh, NC 27615

Email: [Howie@youcallthisyoga.org](mailto:Howie@youcallthisyoga.org)

[Connect with us!](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!