January 14, 2025



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.



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











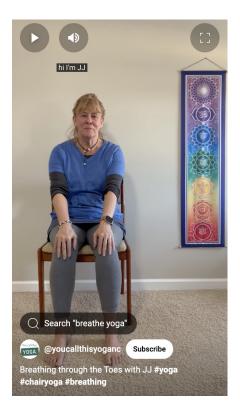








New Yoga Video Shorts on YouTube



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

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