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July 23, 2024



You call this

**YOGA.**

## A Message from Howie

It is thrilling and, at times, quite a challenge to experience the slow and steady internal growth of YCTY. This year's focus on building internal systems has significantly progressed over the last three months. We have implemented weekly leadership meetings and received coaching from current and new advisers, and we're planning a Strategic Planning Retreat on August 17th. This has greatly helped us look at what we do, why, and where we can contribute the benefits of accessible yoga practices across North Carolina and online over the next five years. Stay tuned in and connected with us.

– 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

## 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:



## Sponsors & Donors



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You Call this Yoga



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youcallthisyoga.org

Register

## Join Us On YouTube!



Practice with us on YouTube!

Learn more about the Warrior Series with our Executive Director, Howie Shareff, and check out many more full-length classes on our YouTube channel.

## New and Ongoing Partners



From Meals on Wheels visit. Sharon J, site manager on left and Sharon L, MOW program director, center, at Apex Cafe.

It is wonderfully affirming of YCTY's mission and quality service that we have two new contracts. YCTY will be providing chair yoga weekly at no cost to participants at a familiar and new location.

Meals On Wheels of Wake County has committed to funding yoga at two friendship cafés for a year! This significant commitment provides teacher stipends that YCTY donors covered 80% of the costs of last year. We will utilize the donor money to expand programs in Wake County. Thank you to the Meals On Wheels of Wake County Board of Directors for believing in the social, emotional, and physical benefits of accessible yoga practices.

WellCare, a health insurer, has committed funding for a chair yoga class at their new service center in Southeast Raleigh. The facility will provide resources for the community with a focus on Medicaid recipients. Our teacher, Carla Jernigan-Baker, who also teaches at the Apex Meals On Wheels site, is from the area and looks to share chair yoga with her local relationships beginning August 15 at 11 o'clock. Thank you WellCare for funding this pilot program.

Please join in and share the news and opportunities with your contacts.

## Meet Our Newest Ambassador: Cindy Canty-Dumas, MSW





### Cindy's Story:

I began practicing yoga sporadically in 2013 as a way to connect with the community after moving here from New York. However, in 2017-2018, my life took a difficult turn due to a workplace discrimination incident that deeply affected me. To manage my hypervigilance and cope with the situation, I turned to daily mindful meditation and increased my yoga practice. Even after the situation was resolved in my favor, the trauma lingered, affecting my mind, body, and spirit. Recognizing the need for healing, I prioritized seeking help.

In 2019, I participated in the Women of Color Healing Retreat in Costa Rica, where I immersed myself in yoga, meditation, plant-based living, and self-care practices. This retreat was transformative, leading me to commit to these practices as a lifestyle ever since.

Since 2022, I have been practicing weekly with You Call This Yoga in Durham, expanding to Greensboro in 2023. While I maintain a daily practice in my home studio, I cherish the sense of community and attend classes in both locations whenever possible. When asked to become an Ambassador for the organization by Howie, I accepted eagerly. My decision was driven by gratitude for how much this organization has given me. It's a chance for me to give back and contribute to its growth.

*"Yoga is the journey of the self, through the self, to the self."*

*– The Bhagavad Gita*

This quote perfectly encapsulates the journey I am on. My hope is that everyone with the desire will commit to this magical journey for themselves.

Volunteer with You Call This Yoga

## You Call This Yoga

7508 Haymarket Lane

Raleigh, NC 27615

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

Connect with us!



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