

[Visit our website](#)

June 20, 2024



You call this

**YOGA.**

## A Message from Howie

It is inspiring to experience the internal growth of YCTY due to the committed efforts of our Board leadership and supporting managers. We have incorporated a weekly meeting to systematically address our goals, obstacles and resources to meet them with the help of an experienced nonprofit leader.

Also, our team of Ambassadors is growing, and we will have our quarterly Meet & Greet on July 11 to align with the launch of our next series of classes and work out any programming kinks. Marketing Director, Garrett, and Program Director, Shakira, are shaping our messaging and fine tuning the free accessible yoga practices that we offer. Thank you to all of our Ambassadors and students.

– **Howie**

## Classes Continue into July, Some Changes

You call this

**YOGA.**

**FREE in-person & online weekly accessible yoga classes**  
July 2 - September 24, 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



**Donors to  
You Call this Yoga**



@youcallthisyoga

youcallthisyoga.org

We are fortunate to have the ongoing sponsor and donor support to joyfully continue our public and private classes through 2024. We are working to increase our classes; however, the strongest referral is from our students.

Please join in and bring a friend.

Check Out Our Upcoming Schedule



Howie, Shakira (Program Director), and Christa (Durham Leader) met last week to plan for growth at their classes located at ReCity Network in Durham.

## Join Us On YouTube!



[Practice with us on YouTube!](#)

Enjoy a Stretch & Rest class with Kristen plus many more classes on our YouTube channel, which is updated weekly!

## Greetings from Apex Pride





YCTY Ambassadors and chair yoga teachers, Celia, Karen, and Mary Lou kicked it up at the June 8 event in downtown Apex. They shared the benefits and ease of chair based yoga as part of the festivities.

Thank you, Team!

## Gratitude for Ongoing Sponsors & All Donors

Our mission and efforts by our Ambassadors to serve the public are reaffirmed by all new and returning sponsors & donors.

This month, realtor Matt Lawing in Durham and White Oak Foundation in Apex committed to continue their agreed contracts through 2024. This ongoing trust, along with new funds from students for teacher stipends is the nourishment for

our endeavors. Thank you to all. We welcome your financial support to help people experience the physical, emotional & community building benefits of yoga.

Make A Donation

## 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!