

Visit our website

March 10, 2025



You call this

YOGA.

An Epic Message from Howie (in only 739 words), please expand the boxes for the full message

The first fifteen years of You Call This Yoga has been quite an adventure in developing and sustaining an innovative concept: [accessible yoga at no cost to the participants](#). This idea struck me twenty five years ago as arthritis limited my mobility and ability to participate in the world.

As I explored gentle yoga with teacher Julie Rosier, my limits became opportunities for adaptations. Julie helped me produce my first accessible yoga DVD in 2007. My further studies with teacher Cindy Bulka and chair yoga pioneer Lakshmi Voelker honed my sense of how anyone can experience the healing benefits of yoga. Thank you Julie, Cindy and Lakshmi.

I pioneered chair and gentle mat yoga in communities around Raleigh. Other teachers, friends, family and yoga studios supported me. They also wondered (and rightly so), “What was I up to?” as the years before YCTY were like a Winnie the Pooh exploration, going around in circles.

After several years of providing service to the community, I realized that YCTY operated similarly to a nonprofit organization. With the help of the NC Center for Nonprofits, hard work, and a kind attorney in Cary, YCTY was recognized as a 501c3 nonprofit on March 10, 2010. Success! And only the beginning.

The new rigors extended beyond teaching in public. They included learning nonprofit accountability, Board and team recruitment/retention, plus finding, developing and funding partnerships. I was also expressing my passion for making yoga videos via the [YCTY YouTube channel](#) and a weekly class on the Cable access channel in Raleigh. Thank you to the skilled and generous Jamie Hoarty, editor supreme, and longtime YCTY website manager Mary Lou Mazzara, each providing over 10 years of service.

A key person in developing my personal mission statement, which is overlaid onto YCTY's values, has been Sarah Wechsberg. Board President for several years, Sarah helped me crystallize my message: 'to be a positive and relevant part of the solution'. Although I may not have always met both criteria, YCTY is oriented in that direction. Thank you Sarah.

To further my skills (and legitimacy per my wise adviser Jill Sockman of blue lotus), I completed 200 hours of yoga teacher training from Nancy Gilbert, with a focus on accessible yoga practices, in 2013. Thank you Jill and Nancy.

Back to the Pooh story. in 2011, I decided that after enough of going in circles, we were going to be part of the yoga community by bringing studios, vendors, and students together for the first YogaFest NC 2012. Wonderful lay and teacher volunteers plus 225 attendees filled the North Raleigh Hilton. This began our journey deeper into partnering with yoga and other wellness professionals around North Carolina with seven more YogaFests plus three YogaFest Raleighs. Thank you Board member and officers Bill Harmon, Mor Aframian, Roxanne Banville, Shannon Tyndall and Kristen Rae for helping lead these initiatives.

We were gradually growing around the Triangle region of NC, reaching people not readily able to attend classes in a studio. This included Veterans, seniors, youth, cancer and addiction patients. In 2019, we were positioned to provide twenty classes per week. Bliss Body Yoga supported us with an annual

fundraiser. Thank you Colby Cooper. And I had the joy of hosting a weekly internet talk show with accessible yoga teachers from around North America. These are on the [YCTY YouTube channel](#), too!

The pandemic brought chaos and opportunity. Our in-person classes and events were shut down. This was painful. We shifted to online and actively recruited teachers from around the world to keep accessible yoga available for anyone. This also allowed us to recruit Board members from across North Carolina and abroad, and expand our base of relationships. Thanks to prior Board President Barbara Vosk and longstanding Board member Celia Hartnett, who continue to contribute time, treasure and talent to YCTY.

We currently offer nineteen classes, half in public and half in private. Recent Board President Kiesha Battles has built programs in Charlotte and Greensboro. Key current partners include BCBS of NC, ReCity Network in Durham, Meals on Wheels of Wake County, plus many other generous hosts and donors noted on our website. Thank you Kiesha, Sharon at MOW and all.

Of course there are hundreds more people to acknowledge and cherish, plus our students. Thank you!!! You all have made and continue to make a positive and relevant contribution to thousands of people's wellbeing worldwide.

Now onto the photo show.....

Flashback Segments: Where Were You?

Years 1- 5



YogaFest NC



YogaFest NC



Wake County Public Library



Alliance Medical Ministry with Elise Dorsett



Lululemon with Carson Efir

Years 6-10



YogaFest Raleigh at The Stockroom



YogaFest Raleigh at City Plaza



Brookdale Senior Living with Jenna Horgan



FREE Yoga for People Managing Cancer

WEDNESDAYS 6:00 - 7:30PM
beginning OCT 3rd at

The Wellness Station

3001 Academy Rd., Suite 130, Durham

taught by C-IAYT yoga therapist Cheryl Fenner Brown
learn more and register: yogacheryl.com



FREE classes provided by the non-profit You Call This Yoga
youcallthisyoga.org

People Touched by Cancer with Cheryl Fenner Brown

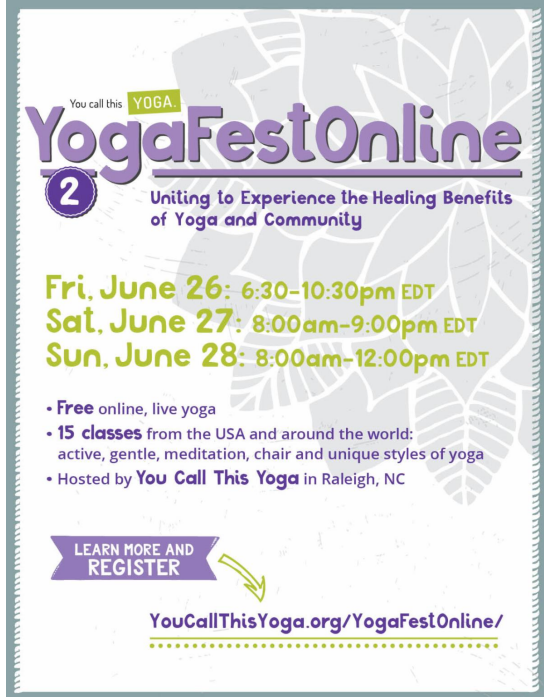


Bliss Body Anniversary Fundraisers

Years 11-15



SAFE Yoga Greensboro



YogaFest Online



Durham Central Park with Shakira & Karla



Meals On Wheels with Carla Jernigan-Baker



Moving Forward: Year 16 and Beyond...

YCTY has helped thousands of people feel better in North Carolina and worldwide since its inception in 2010. Your participation is sought to sustain and grow our team and student base. Our core values are inclusiveness, resourcefulness and caring, foster positive life experiences for our students.

Here is one student's quote: *"The online class with Amma flies by and I feel very revitalized at the end. Coordinating movements with breathing is very important and I feel the benefit in all my joints. I am very happy to participate in the classes because I feel that they contribute a lot to my health."* (Alvaro Espinal, Washington USA).

Our three areas of focus are:

- Building Team - recruiting Board members for 2 year terms or longer to guide and participate in our growth.
- Raising Funds - for equitable compensation for teachers and staff. Sponsors are sought for our public and private (seniors) classes.
- Sustaining & Expanding Impact Across NC - Most classes are continuing as we are in Q1, with our popular English/Spanish mat class moving back to Durham Central Park on April 1. We are looking at new classes in Greenville and Fayetteville, NC later this year. Details soon.

Please reach out to [Howie](#) to discuss how you or your business can be a positive and relevant part of the solution for accessible wellness practices for all.

Donate to Our Mission

You Call This Yoga

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Connect with us!





Try email marketing for free today!