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May 16, 2024



You call this

YOGA.

## A Message from Howie

It is a thrilling season as our classes have maintained or increased student attendance. With that comfort, we are looking at adding classes in Charlotte (Library pop-ups), Greensboro (new partnership in discussion) and Durham (chair yoga). Also, we are venturing into previous (Pride Day via Karen, Mary Lou & Celia) and new venues (Asheville Yoga Festival via Kiesha) this Summer. All this happens as a result of our passionate teachers, supportive host sponsors (BCBS of NC, Meals On Wheels of Wake County, ReCity Network), donors and our committed team who manages YCTY operations.

I am also very excited about how our team has come together over the past year. We have successfully refined our roles and responsibilities while improving communication systems within our team, all in the service of our mission: contributing to community well-being with accessible yoga. We welcome you to [join our classes](#), [YouTube videos](#) and [team](#).

## Classes

You call this **YOGA.**

Free in-person & online weekly accessible yoga classes  
April 2 - June 29, 2024

<b>Boone</b> <b>Gentle Yoga Flow</b> Wednesdays at 10AM BCBS Center with Kimberly Rossi	<b>Greensboro</b> <b>SAFE Yoga Flow</b> Saturdays at 10:30AM Greensboro Cultural Center with Andrea Cole & Team	<b>Online</b> <b>Mat Yoga Warmup</b> Tuesdays at 10AM with Kristen Rae
<b>Charlotte</b> <b>Alternating Chair/Mat Yoga</b> Wednesdays at 10AM BCBS Center with Cassandra Cureton	<b>Raleigh</b> <b>Alternating Chair/Mat Yoga</b> Wednesdays at 10AM BCBS Center with JJ Gormley	<b>Standing &amp; Seated Yoga in Spanish</b> Saturdays at 10AM with Amma Fandiño
<b>Durham</b> <b>Gentle Yoga Flow</b> Tuesdays at 6PM ReCity Network with Shakira Bethea & Karla Vallecillo	<b>Alternating Chair/Mat Yoga</b> Thursdays at 10AM North Regional Library with JJ Gormley & Ben Clarke	<b>Special Classes</b> <b>Gentle Yoga Flow</b> English & Spanish Apr. 4, May 2, June 6; 7PM Raleigh N. Regional Library with Veronica Alarcon
<b>Gentle Yoga</b> Thursdays at 12PM ReCity Network with Christa Carter	<b>Learn more &amp; register:</b> 	<b>Gentle Yoga Flow</b> Apr. 28, May 26, June 23 5PM Durham Central Park with Christa Carter, Shakira Bethea & Team



 @youcallthisyoga youcallthisyoga.org

Classes are in full swing, and we have many different options for you to practice with us online or in-person.

Register for Classes

Join Us On YouTube!





[Practice with us on YouTube!](#)

Enjoy a Deep Stretch Class with Niambi plus many more classes on our YouTube channel, which is updated weekly!

## YCTY Returns to Pride Day in Apex



*"There is no power greater than a community discovering what it cares about."*

— Margaret Wheatley

You Call This Yoga, where accessible yoga practices bring people together to support health in individuals and communities, will be part of a special event coming up on Saturday, June 8th.

We will be celebrating at Apex's Pride Festival, offering an opportunity to try

some accessible yoga and spreading the good news about who we are at this festival.

The Festival offers live entertainment, music, kid-friendly events, and a food truck rodeo along with the chance to meet local vendors. It's at Apex Town Hall Campus, 73 Hunter Street from 11 am until 5 pm.

We invite you to come visit us and other members of our community to celebrate our belief and practice of inclusivity and caring through yoga.

Learn More

## Kiesha Battles & Team in Asheville



Begin your Journey to Joy at the 7th Annual Love, Shine, Play Festival, the Southeast's premier yoga & wellness gathering. Join YCTY Board President Kiesha Battles along with other fantastic teachers, for an inspirational weekend of connection & community. By the way, Kiesha and YCTY team will offer a free community class!

Nestled in the ancient Blue Ridge Mountains in beautiful Asheville, NC, the 4-day celebration includes yoga, meditation, hiking, music, outdoor adventures, and a vibrant outdoor market.

Visit [www.loveshineplay.com](http://www.loveshineplay.com) to learn more, and remember to use promo code YCTY2024 for 15% off your weekend pass!



Donations help us continue to offer programming and classes for the community. Then, anyone who wishes to practice can join us and receive the social, emotional and physical benefits of accessible yoga practices.

Donate and become a shareholder in community well-being.

Make A Donation

## 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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