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November 22, 2024



You call this

YOGA.

A Message from Howie

YCTY Vision - People enjoying free accessible yoga classes.

At the YCTY strategic planning retreat in August, our Board of Directors agreed on this simple and profound vision. We foresee many more communities of people joining our North Carolina-based classes in person and online for years to come. We welcome your input to improve our service and impact, as well as joining in with time, treasure and talent. Please consider joining with us as a volunteer, teacher in NC, donor, and Board of Directors prospect. Our messages below will share more details about these opportunities for you to contribute to the community and your own well-being. Thank you to our Board, Ambassadors, partners, sponsors, donors and community members who join in and share our programs with their relationships to foster people enjoying accessible yoga.

– **Howie**



(Howie, Cassandra, Max, Kristen, Shakira, Kiesha)

Season of Giving - Nurturing Community & Team

Candlelight Yin

A Fundraiser for You Call This Yoga

Tuesday, November 26, 2024
6-7:30PM

ReCity Network
112 Broadway St
Durham, NC 27701



Join our Durham teachers, Karla, Shakira, and Christa, for a Candlelit Yin, Meditative Journaling, and Sound Bath class! This class will be a great way to promote relaxation as we head into the last few weeks of the year. We suggest a \$5-\$10 minimum donation, which will go towards the continued support of YCTY's no-cost community classes.

[Donate via PayPal](#) and then click the Register link below.

Register

P.S. You can help us amplify our impact. If we receive donations from 15 new donors before Tuesday, December 3rd, we have a generous donor who has offered to donate \$3,000!

You can also receive a YCTY t-shirt with any donation of \$100 or more!

What's New?



(MOW Staff members, Anjana, Sharon Lawson MOW Prog. Dir.)

- We added a fourth weekly class with Meals on Wheels in Wake County in Fuquay Varina with teacher Anjana Rathore. We are also in Wake Forest, Raleigh, and Apex.
- Additional weekly evening class in Boone with BCBS starting Dec. 5. At our partners request, we have set up and contracted Pam Kidder-Ashley through June to help with community well-being post Hurricane Helene.
- Spanish Yoga in Garner at Zin began in November and is continuing.
- Classes in Charlotte at the Library began in Autumn and is continuing.
- Classes for medical staff at Central Prison in Raleigh under the YCTY banner will begin Mondays in December. A pilot program was initiated recently by longtime YCTY friend Tiffany Candioti. YCTY received donor funding for six months of classes that are offered twice a month. Anjana Rathore will teach here too!

We Want to Hear From You!



We invite you to share how practicing yoga with YCTY has impacted your life. Your feedback helps us grow and inspires others in our community. Please take a moment to fill out our survey and share your experience with us.

Thank you for being a part of the YCTY community and helping us share accessible yoga with everyone!

Share Your Feedback

Seeking Board of Directors Prospects

You Call This Yoga is actively seeking volunteers for the Board of Directors.

We are particularly interested in candidates with experience in the following areas:

- **Fundraising:** Expertise in building sponsor relationships and donor base.
- **Nonprofit Management:** Understanding of nonprofit operations and governance.
- **Marketing and Communications:** Skills in branding, outreach, and stakeholder engagement.
- **Finance and Accounting:** Expertise in financial oversight and budgeting.
- **Diversity and Inclusion:** A commitment to fostering and sustaining a diverse and inclusive environment.

We are also looking for folks for the following support roles: Management of Personnel, Photography of classes, Marketing strategy & management. Please email Howie with any questions.

Apply Now

You Call This Yoga

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Raleigh, NC 27615

Email: Howie@youcallthisyoga.org

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