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October 17, 2024



You call this

YOGA.

A Message from Howie

It is fair to say that we are living with elevated concerns about our daily lives and the state of the world. As I navigate my own sense of isolation and upset, the community around me provides affirmation and comfort. The people in my personal and YCTY life provide insights and room to examine how I am moving through life.

My yoga practice is a central element of my journey, as I strive to remember to pause, breathe, and think before my next step, response, or movement. YCTY classes are an oasis of comfort. Creating them is a joy for me, our team, donors, and sponsors. Please join our classes and share with others to develop more ease in your and their lives.

– Howie

Class is in Session!

You call this **YOGA.**

FREE in-person & online weekly accessible yoga classes
October 1 - December 21, 2024

Apex

Chair Yoga

Wednesdays at 1PM
Lucky Elephant
with Tiffany Candiotti &
Anjana Rathore

Community Yoga for Chair/Mat

Wednesdays at 6PM
Cornerstone Presb. Church
with Karen Parrish

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
(English/Spanish)

Gentle Yoga

Mondays at 10:30AM
ReCity Network
with Christa Carter

Greensboro

SAFE Yoga

Saturdays at 10:30AM
Greensboro Cultural Center
with Andrea Cole & Team

Online

Standing & Seated Yoga in Spanish

Saturdays at 10AM
with Amma Fandiño

Raleigh

Alternating Chair/Mat Yoga

Wednesdays at 10AM
BCBS Center
with JJ Gormley

Alternating Chair/Mat Yoga

Thursdays at 10AM
Raleigh N. Regional Library
with Ben Clarke & JJ
Gormley

Chair Yoga

Thursdays at 11:30AM
WellCare Insurance
with Carla Jernigan-Baker

Special Classes

Gentle Yoga Flow

English & Spanish
Oct. 10, Nov. 14, Dec. 12 at
7PM
Raleigh N. Regional Library
with Veronica Alarcon

Spanish Yoga

Oct. 6, Oct. 26, Nov. 2, Nov.
23 at 12:30PM
Zin Yoga in Garner, NC
with Veronica Alarcon

Learn more + register:



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PRESBYTERIAN CHURCH

ZIN

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THE ART OF LIVING
Retreat Center

Lucky Elephant
Yoga and Wellness

Donors to
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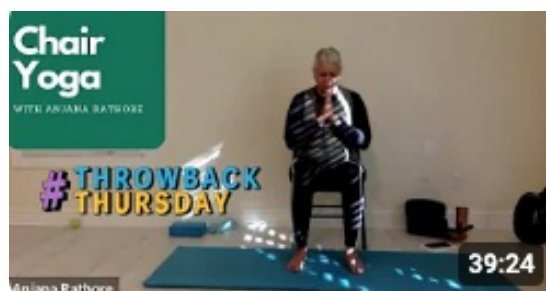
@youcallthisyoga

youcallthisyoga.org

Our next session of classes began earlier this month! Take a look at our newest schedule and book a class today!

Register

Join Us On YouTube!



Practice with us on YouTube!

Enjoy a 40-minute Chair Yoga Class with Anjana, and check out many more full-length classes and short videos on our YouTube channel.

P.S. If you enjoy a chair yoga practice, you [can join Tiffany and Anjana for Chair Yoga](#) on Wednesdays at 6PM at Lucky Elephant Yoga & Wellness.

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](#)

Season of Giving 2024



You call this

YOGA.

HELP US SHARE YOGA WITH MORE PEOPLE

Your donations provide:

- No cost, accessible yoga classes for anyone who wishes to join a practice.
- Equitable teacher stipends
- Administrative support

DONATE NOW:



As we approach our Season of Giving (Nov. 1 - Dec. 31), we invite you to reflect on the impact of community well-being through yoga. Your generous support is crucial now more than ever. By donating, you help us continue offering no cost, accessible yoga practices to everyone in our community.

Join us in sharing the gift of wellness—every contribution makes a difference!

[Donate Now](#)

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