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September 19, 2024



You call this

YOGA.

A Message from Howie

We are blessed to have yoga-trained and non-yogi professionals actively participating in our organization. In addition to our Board of Directors, who were acknowledged last month, we have people helping us across North Carolina. All of our team are considered Ambassadors of YCTY, driven by the mission of contributing to community well-being with accessible yoga practices.

This group of yogis and the teams include Marketing Director Garrett Jurss, Program Manager Shakira Bethea, plus community leaders Kimberly Rossi in Boone, Cassandra Cureton in Charlotte, Christa Carter in Durham, Andrea Cole in Greensboro, and JJ Gormley in Wake County.

The team also includes our additional 12 teachers across North Carolina and online in Bogota, Colombia as well as volunteers who are managing attendance and assisting in marketing.

Heartfelt thank you to all YCTY Ambassadors, the flowers of the organization.

New Schedule Dropping Soon!

You call this **YOGA.**

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

Apex Chair Yoga <i>Wednesdays at 1PM</i> <i>Lucky Elephant</i> with Tiffany Candiotti & Anjana Rathore Community Yoga for Chair/Mat <i>Wednesdays at 6PM</i> <i>Cornerstone Presb. Church</i> with Karen Parrish	Durham Gentle Yoga Flow <i>Tuesdays at 6PM</i> <i>ReCity Network</i> - with Shakira Bethea & Karla Vallecillo (English/Spanish) Gentle Yoga <i>Mondays at 10:30AM</i> <i>ReCity Network</i> with Christa Carter	Raleigh Alternating Chair/Mat Yoga <i>Wednesdays at 10AM</i> <i>BCBS Center</i> with JJ Gormley Alternating Chair/Mat Yoga <i>Thursdays at 10AM</i> <i>Raleigh N. Regional Library</i> with Ben Clarke & JJ Gormley Chair Yoga <i>Thursdays at 11:30AM</i> <i>WellCare Insurance</i> with Carla Jernigan-Baker
Boone Alternating Chair/Mat Yoga <i>Wednesdays at 10AM</i> <i>BCBS Center</i> with Kimberly Rossi	Greensboro SAFE Yoga <i>Saturdays at 10:30AM</i> <i>Greensboro Cultural Center</i> with Andrea Cole & Team	Special Classes Gentle Yoga Flow <i>English & Spanish</i> <i>Oct. 10, Nov. 14, Dec. 12 at 7PM</i> <i>Raleigh N. Regional Library</i> with Veronica Alarcon Spanish Yoga <i>Oct. 6, Oct. 26, Nov. 2, Nov. 23 at 12:30PM</i> <i>Zin Yoga in Garner, NC</i> with Veronica Alarcon
Charlotte Alternating Chair/Mat Yoga <i>Wednesdays at 10AM</i> <i>BCBS Center</i> with Cassandra Cureton	Online Standing & Seated Yoga in Spanish <i>Saturdays at 10AM</i> with Amma Fandiño	

Learn more + register: 

Sponsors & Donors

				
				

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Our next round of classes begins October 1st, and we wanted to give you a sneak peek of what's to come. While you can't register for these classes *just yet*, there's still plenty of time to join us on your mat for one of our current classes through the end of September.

Register

Join Us On YouTube!



[Practice with us on YouTube!](#)

Enjoy a 60-minute Yin Yoga for Balance class with Kiesha, and check out many more full-length classes and short videos on our YouTube channel.

Spotlight on the Durham Team

Community well-being in Durham is regularly fostered with accessible yoga thanks to teachers Christa Carter, Shakira Bethea, Karla Vallecillo, and Ambassador Cindy Canty Dumas. Our classes are hosted by [ReCity Network](#), a workspace for nonprofits. It is a joy to acknowledge our Team, who graciously manage the attendees' needs and questions each week.

Something extra special is the Durham Team's generosity in providing free yoga monthly at Durham Central Park. The teachers and Cindy are volunteering their time and talent to foster community engagement in a fun and familiar space. Teachers Christa, Ae Bugger and Shakira have each shared their passion for this series.

Thanks to all, plus sponsor Matt Lawing and donors to You Call This Yoga. **Join Shakira this Sunday at 5:00 for the final class!**

[Register Here!](#)

What's new? A lot!

Here's a quick rundown of some of the exciting things happening with YCTY:

- [BlueCross BlueShield of NC](#) renewed our contract for 3 locations. They plan to open a fourth location in Greenville, NC in 2025.
- [Meals On Wheels of Wake County](#) funded two classes through June 2025. YCTY donors currently co-fund a third class in Apex with White Oak Foundation, are fully supporting a fourth Friendship Cafe class in Fuquay Varina in Q4 of 2024.
- [Cornerstone Presbyterian Church](#) in Cary became a Bronze Sponsor for mat yoga, currently through Q4 2024.

- [Lucky Elephant Yoga & Wellness](#) in Apex became a Supporting Sponsor by hosting our pilot chair yoga class in Q4 of 2024.
- [Zin Yoga & Wine](#) in Garner became a Supporting Sponsor by hosting our pilot Spanish yoga class in Q4 of 2024.

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You Call This Yoga

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