

You call this

YOGA.

FREE IN-PERSON & ONLINE WEEKLY ACCESSIBLE YOGA CLASSES

April 1 - June 30, 2025

Boone

Gentle Chair Yoga

Wednesdays at 1:30PM
BCBS Center
with Pam Kidder-Ashley

Gentle Mat Yoga

Thursdays at 6PM
BCBS Center
with Pam Kidder-Ashley

Charlotte

Alternating Chair/Mat Yoga

Wednesdays at 10AM
BCBS Center
with Cassandra Cureton

Durham

Gentle Yoga Flow

Tuesdays at 6PM
Durham Central Park
with Shakira Bethea &
Karla Vallecillo
(English/Spanish)

Greensboro

SAFE Yoga

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

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 5PM
WellCare Insurance
with Carla Jernigan-Baker

Online

Standing & Seated Yoga in Spanish

Saturdays at 10AM
with Amma Fandiño

Special Classes

Spanish Yoga

Apr. 19, May 3 & 24,
June 7 & 21 at 4PM
Zin Yoga in Garner, NC
with Veronica Alarcon

Learn more +
register:



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