

You call this

YOGA.

FREE IN-PERSON & ONLINE WEEKLY ACCESSIBLE YOGA CLASSES

April 1 - June 30, 2026

Boone

Gentle Chair Yoga

Wednesdays at 2:00 PM
BCBS Center with
Pam Kidder-Ashley

Gentle Mat Yoga

Thursdays at 6:00 PM
BCBS Center
with Jamie T.

Charlotte

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
BCBS Center with
Cassandra Cureton

Durham

GentleYoga Flow

Tuesdays at 6:00 PM
Durham Central Park w/
Shakira Bethea &
Karla Vallecillo
(English/Spanish)

Garner

Spanish Yoga

Saturdays at 2:00 PM
May 23 & June 27
Zin Yoga with Veronica Alarcon

Greenville

Altern. Chair/Mat Yoga

Wednesdays at 1:30 PM
BCBS Center with
Phelicia Price

Fayetteville

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
BCBS Center with
Audri Burgos

Online

Standing & Seated Yoga in Spanish

Saturdays at 10 AM
with Amma Fandiño

Raleigh

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
BCBS Center with JJ Gormley

Spanish Yoga

Altern. Wednesdays
at 6:00 PM
Studio 1104 with
Veronica Alarcon

Altern. Chair/Mat Yoga

Thursdays at 10:00 AM
Raleigh North Regional
Library with Ben Clarke &
JJ Gormley

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Register:



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