

Visit our website

April 10, 2026



You call this

**YOGA.**

## A Message from Howie

It is a joy to share another milestone for YCTY, fifteen years of sharing accessible yoga in Spanish. This process has been very gradual, both locally and worldwide, as yoga is relatively new to LatinX communities. The YCTY initiative came about when a bilingual yoga teacher saw the opportunity, introduced me to a host, and followed through as a teacher. Our organization is composed of many such visionaries, who see the benefits of yoga as a necessary part of personal and community health and well-being. We celebrate the teachers who have made and continue to make the extra effort to help people feel better across two languages.

***Thank you, teachers, team, and partners.***

## History of YCTY Spanish Classes



Chair Yoga with Elise at AMM

In 2011, yoga teacher Elise Dorsett, who volunteered at Alliance Medical Ministry (AMM) in Raleigh, came to YCTY with a proposal for free, weekly chair yoga classes onsite. The AMM patient population is composed of working non-insured people, with a high proportion of them living in southeast Raleigh. The visionary Executive Director, Megg Rader, supported and funded the program.

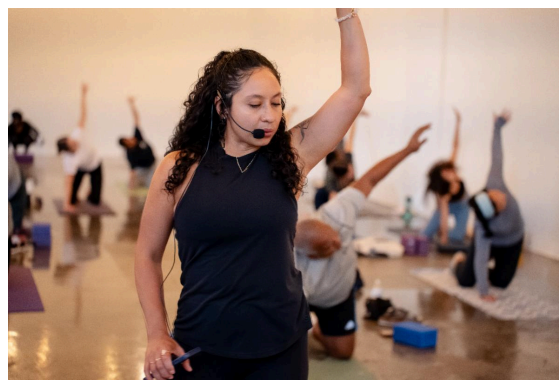
In 15 years, other teachers have succeeded Elise, including Howie (with a crib sheet and student help), Elena Rodriguez, Carolina Chavez, and Amma Fandino (online), who have provided continuous classes (except for one year during the pandemic).



Elise Dorsett

## The Current State and Beyond

YCTY's Spanish Yoga was brought to Durham in 2019 by Elena Rodriguez, offering adult and youth classes on Saturdays at E.K. Powe Elementary School. This offering lasted two years. Since then, Karla Vallecillo has led the initiative by producing Spanish Yoga videos in 2021 (available on the YCTY YouTube channel) and by co-teaching in Durham Central Park and Re-City Network in English and Spanish since 2023.



Karla at Re-City Network

Over in Raleigh and Garner, Spanish Yoga has blossomed thanks to early pop-up classes at Dix Park with Carolina Chavez in 2022, which led YCTY to meet Veronica Alarcon. Since then, Veronica and YCTY have offered Spanish Yoga classes at Zin Yoga and Studio 1104.



Carolina's pop up class at Dix Park

Also, YCTY Board member Amma Fandino, based in Bogotá, Colombia, has provided weekly online Seated & Standing Yoga since 2021. Amma is also creating new video shorts for the [Spanish Yoga playlist on the YCTY YouTube channel](#). Join us and expand your vocabulary and community!

## YCTY's Spring Classes Have Begun

April brings another terrific series as we continue at BCBS Service Centers, private studios, the Public Library and online. And return to Durham Central Park! Learn more and [register via the YCTY website](#). Please support our sponsors, who make accessible yoga free to the participants.

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

Learn more +  
Register:



Sponsors & Donors

Donors to  
You Call this Yoga



@youcallthisyoga

[youcallthisyoga.org](http://youcallthisyoga.org)

## Sponsor Spotlight: BCBS NC Centers

YCTY has partnered with Blue Cross Blue Shield of NC since January 2024. We began with three weekly classes (Raleigh, Charlotte, Boone). After Hurricane Helene, Blue NC added another class in Boone in Nov 2024. In Sept 2025, we added Greenville and Fayetteville, bringing the total to five cities and six classes per week.

Also thrilling is how BCBS values the yoga classes. Their team works with us to create a calm, quiet setting with mats, props, and after-class teas. Our gratitude is extended to Emily, Patti, Cedi, and all the Blue NC Center managers and staff.

Please check out their [IG post](#) about the value these beautiful centers bring to communities across North Carolina.

Donate to Our Mission

You Call This Yoga

7508 Haymarket Lane

Connect with us!

Raleigh, NC 27615

Email: [Howie@youcallthisyoga.org](mailto:Howie@youcallthisyoga.org)



You Call This Yoga | 7508 Haymarket Lane | Raleigh, NC 27615 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!