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December 9, 2025



You call this

YOGA.

A Message from Howie

Greetings friends of YCTY. I just finished the joyful process sending out fifteen teacher contracts after getting agreements in place with our host locations for 2026. The teachers are the jewels of YCTY. They prepare for and deliver accessible yoga, plus follow up with students and help with admin. The Board of Directors, myself and communities cherish them.

Another group of people bring positive energy and talent to the table, our volunteers! You shine in class helping with attendance and gear in Durham, in-person or online coaching me, or leading as a Board of Directors member. You all bring love and light.

Here is where I put a pitch in for more resources. YCTY seeks people to:

- help (and lead) with relationship building for programs, sponsors and donors
- become advisors and Board of Director Prospects who have familiarity with leading initiatives

Please reach out to me with any questions or ideas. Let's keep our team vibrant and supported.

– **Howie**

YCTY's Season of Giving Brings Joy Year Round!

Season of Giving is our way of preloading our community health savings account. This allows us to prepare and provide programs and equitable teacher compensation that contribute to the wellbeing of people who may not readily afford or have access to yoga.

Donors between Dec. 1 and Dec. 31, 2025 assure that YCTY Spanish and English spoken classes in Durham, Garner and Raleigh, chair yoga at four Meals On Wheels Friendship Cafes across Wake County, and more not listed, will thrive. Then we have room to mindfully grow.

Do consider [donating to YCTY this month](#) or anytime you can Pay Yoga Forward. Accessible yoga makes a significant positive difference in people's lives.

Donate Now



Teacher JJ Gormley (top center), Library class, guest Howie

Spotlight on Super Ambassador Cassandra Cureton

Before yoga, I spent over 30 years in the corporate world as a communications and training professional. That experience still informs how I teach: I know how to connect with people, communicate with clarity, and meet individuals where they are in their learning journey. My background allows me to break down complex concepts into accessible steps and speak to a wide range of learning styles.

My yoga journey began in 2017, born out of necessity rather than curiosity. I was living with chronic back pain, scoliosis, and sciatica — conditions that deeply impacted my daily life. After trying everything from physical therapy to injections, it was yoga that finally brought me consistent relief. It didn't just heal my body — it reconnected me with myself.

This powerful transformation sparked a desire to learn what had begun to heal me. In 2020, I enrolled in the 200-hour Yoga Teacher Training through I Am Yoga, a virtual studio based in Charlotte, NC. I graduated in July 2021 and began teaching just one week later. I now teach yoga full time. One class is with YCTY at the Blue Cross Blue Shield Center. Also, I am on the YCTY Board of Director for the past two years, and currently serve as the Secretary. My cup is full of joy.



Cassandra Cureton

Thank You to YCTY Sponsors and Donors

YCTY has thrived as a result of the generous time, treasure (\$) and talent of many people. We are fortunate to have funding from individuals and businesses who value our mission. This ranges from YCTY's unique relationship as a vendor across our state via [insurer BCBS of NC](#), to sponsorship by [Pinnacle Financial Partners](#), wellness business [Active Healthcare](#), friends of YCTY and Howie, our Board of Directors plus dedicated private donors. We are deeply grateful to all who create, participate in and share YCTY's accessible yoga practices.



Q1 2026 Teaser

We have exciting news for 2026. We plan to offer the same roster of accessible yoga classes as we finish 2025 on goal for the year. YCTY was fortunate to add classes with BCBS, sustain four Meals On Wheels classes, plus continue community classes in Durham and Wake County, plus online Spanish.

Howie is exploring new community and private class options across the Triangle. Look for pop-up classes as the winter weather hopefully breaks in March. [Your referrals](#) to new locations are welcomed as we have a terrific team of teachers.

Soup

At a recent YCTY Ambassador meeting, one theme was sharing soup recipes. We have compiled [this Google doc](#) to share with you to stay inspired and nourished. If you would like to add a recipe for others, please [email it to Howie](#).

Donate to Our Mission

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