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Feb. 12, 2026



You call this

**YOGA.**

## A Message from Howie

Change can be a challenge. It can also be an opportunity. While YCTY has experienced some recent turnover, we have been preparing to move forward. With the addition of passionate, skilled talent over the past six months to our strong team of yogis and advisers, we are well-positioned to increase our positive impact in communities across the Triangle region of North Carolina and online.

Supported by committed donors who generously helped us meet our Season of Giving goal, returning sponsors, and host partners, I am inspired and excited for us to continue offering accessible yoga to anyone who is interested. Thank you to all Ambassadors and friends of YCTY. Your efforts are meaningful and treasured. **YCTY's theme for 2026 is Building Team.** Please read on and see how you may be inspired, share, and grow.

– **Howie**

## YCTY Team is Growing!

The core of YCTY is its team of teachers and support staff.

During the month of January, we have added three teachers who are adding video to our [YouTube channel](#), written content to our media library, and joining as substitute teachers.

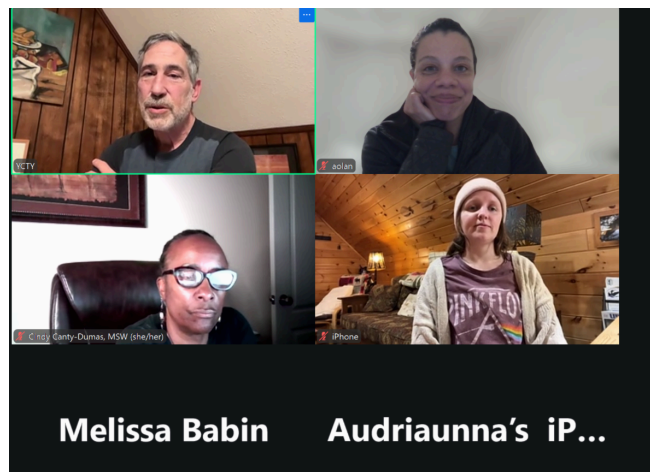
Welcome to Jacqueline Hall, Karyn Friedman Poster, and Paige Vinson.

Internally, we have contracted Aolani Donegan as community marketing manager and enrolled two other people (to be acknowledged soon) to help with relationship building.

This week, we held our quarterly Ambassador meeting on Zoom and shared cake recipes. [Click here to access and add to.](#)

We cherish the ongoing creativity and participation of our other team members.

[Join us](#) and help others enjoy yoga.



Feb. 9 Attendees: *Howie, Aolani, Cindy, Jacqueline, Melissa, Audrianna*

## Friendsgiving Drives YCTY Community Classes

The foundation of YCTY's financial health is the generosity of yogis and friends of the organization. At the forefront has been Lisa and Steve Feierstein's [Active Healthcare](#), who provide us with unrestricted sponsorship dollars for many years.

This has funded teacher stipends for Spanish spoken (online), plus public mat and chair yoga classes across Wake County, and also for YCTY operations.

Another longstanding donor is the duo of Amy and Leonard Bush, who have made and fulfilled a major two-year pledge for support of weekly chair yoga at four Meals on Wheels of Wake County's Friendship Cafes. The senior community cherishes the joyful practices of our teachers Carla Jernigan, JJ Gormley, Ben Clarke, and Laurie Bishop.

Recently, Durham student YCTY donor and Ambassador Kelly Witter initiated a campaign to have people sponsor individual classes for our flagship weekly class at Durham Central Park.

**We are still seeking a major sponsor for this series, which resumes on April 7 through September.** In the meantime, \$120 will cover over base cost per class and earn good karma plus recognition. [Join in paying yoga forward here.](#)

There are many other friends and businesses on the donation webpage who help us each year. Please learn more about them. We cherish all who contribute their time, treasure, and talent to community wellbeing with accessible yoga practices.

Thank you.



*Leonard and Amy Bush*

## In-Person & Online Weekly Classes

The beat goes on, join in and stay warm. [Register for classes here.](#) You can subscribe to the [YCTY YouTube Channel](#) to receive new content regularly.

You call this **YOGA.**

## FREE IN-PERSON & ONLINE WEEKLY ACCESSIBLE YOGA CLASSES January 1 - March 31, 2026

### Boone

**Gentle Chair Yoga**  
Wednesdays at 2:00PM  
BCBS Center  
with Pam Kidder-Ashley

**Gentle Mat Yoga**  
Thursdays at 6PM  
BCBS Center  
with Jamie

**Charlotte**  
**Altern. Chair/Mat Yoga**  
Wednesdays at 10AM  
BCBS Center  
with Cassandra Cureton

**Garner**  
**Spanish Yoga**  
Jan. 17<sup>th</sup>, Feb. 21<sup>st</sup>, Mar. 21<sup>st</sup>  
at 2PM  
Zin Yoga in Garner, NC  
with Veronica Alarcon

**Greenville**  
**Altern. Chair/Mat Yoga**  
Wednesdays at 1:30PM  
BCBS Center  
with Phelicia Price

**Fayetteville**  
**Altern. Chair/Mat Yoga**  
Wednesdays at 10AM  
BCBS Center  
with Audri Burgos

Learn more  
+ register:



**Raleigh**  
**Altern. Chair/Mat Yoga**  
Wednesdays at 10AM  
BCBS Center  
with JJ Gormley

**Alternating Chair/Mat  
Yoga**  
Thursdays at 10AM  
Raleigh North Regional  
Library  
with Ben Clarke &  
JJ Gormley

**Spanish Yoga**  
Every other Wednesday,  
beginning January 7th  
Studio 1104  
with Veronica Alarcon

**Online**  
**Standing & Seated  
Yoga in Spanish**  
Saturdays at 10AM  
with Amma Fandiño



Sponsors & Donors



Donors to  
You Call this Yoga



@youcallthisyoga

youcallthisyoga.org

## Ambassador Spotlight on Amma Fandino



My journey with yoga is grounded in sharing this practice with communities facing physical, mental, and emotional challenges. At the heart of my work is a commitment to making yoga accessible and to nurturing spaces where diversity, inclusion, and care are truly lived values.

I am a certified Integral Hatha Yoga teacher, trained in Santa Barbara, California, and registered with Yoga Alliance since 2016 (E-RYT® 200, RYT® 500, YACEP®). Over the years, I have

trained in accessible and therapeutic yoga, mindfulness, yoga for depression and anxiety, addiction recovery, and yoga in correctional settings. Today, I share trauma-sensitive yoga in prisons and offer accessible yoga to people living with

cancer and chronic illnesses, as well as to their caregivers and healthcare professionals.

In 2020, amid the pandemic's uncertainty, You Call This Yoga (YCTY) opened a beautiful door to connection by expanding its classes beyond its local community. Through YCTY's free online yoga program, I was able to join in from Colombia and begin sharing yoga in Spanish—an experience that has deeply shaped my teaching and sense of belonging.

Connecting with Spanish-speaking practitioners from different countries has been both humbling and inspiring. What began as an online class has grown into a caring community, united by a shared intention to support health, healing, and overall well-being.

I am deeply grateful to You Call This Yoga for creating inclusive spaces and for the opportunity to serve, sharing yoga with everyone, regardless of circumstance.

## Board Updates

It's official! Last month, Alex Wolf was elected to succeed Max Lanning as Treasurer. Alex has over 10 years of experience as a CPA and works with Max, who will continue to serve as a YCTY Board Advisor.

Also, Mimi deGrandpre was elected to lead the Strategic Planning Committee. Mimi has decades of experience in corporate strategy and internal oversight.

Her work over the last few months has included crafting a 2026 YCTY Strategic Roadmap to provide greater clarity on how to achieve our goals to make movement accessible, one community at a time. Please read below.

We will share more insights from our new leaders in future postings. Thank you, Max, Alex, and Mimi, for your passionate service.

## YOU CALL THIS YOGA

Making Movement Accessible, One Community at a Time

You Call This Yoga brings free, accessible yoga directly into communities with limited access to wellness resources.

We meet people where they are, removing barriers so everyone can experience the benefits of movement, breath, and connection.

### Purpose



We exist to educate and inspire individuals and communities to greater health

### Mission



We do this by providing accessible yoga practices at no cost to participants

### Vision



We aspire to a world where everyone can experience the benefits of a yoga practice

### What Makes Us Different

**Community-Centered Delivery** - We don't ask people to come to us. We partner with trusted community organizations and bring programming directly to them.

**Customized Programming** - Classes are tailored to the specific needs, abilities, and contexts of each community we serve.

**Measured Impact** - We collect feedback, attendance data, and participant stories to ensure quality, relevance, and continuous improvement.

### Our Impact, At a Glance (2025-2026)

Please reach out to Howie at [Howie@youcallthisyoga.org](mailto:Howie@youcallthisyoga.org) to explore how you can serve the community. Join the passionate yogis and support team.

Donate to Our Mission

## You Call This Yoga

7508 Haymarket Lane  
Raleigh, NC 27615

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

Connect with us!





Try email marketing for free today!