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January 13, 2026



You call this

YOGA.

A Message from Howie

Greetings to all. We have wrapped up a very satisfying year of sharing accessible yoga practices across North Carolina and online, plus working within YCTY to improve our own practices of governance, marketing and development.

In regards to sharing yoga, we met our goal of providing 18 unique weekly, biweekly or monthly classes. This came about due to our longstanding relationships with our hosts, teacher team, sponsors and donors. YCTY's partnership with BCBS provided the opportunity to offer accessible yoga in Fayetteville and Greenville, NC. in September. That resulted in six weekly classes at their community locations across our state. Our partnership with Meals On Wheels of Wake County offered chair yoga at four of their Friendship Cafes.

Overall, our students had **7,000 unique experiences** to enhance their wellbeing in 2025. And that does not include viewers of our YouTube channel.

In regards to YCTY, we recruited two Board of Director prospects that are being voted on this month, plus two key advisors for me and four Ambassadors to help manage and support our flagship class in Durham. And YCTY completed a

successful Season of Giving 2025, website update and implementation of student surveys in two languages (with a 4.9 out of 5.0 rating).

YCTY's theme for 2026 is Building Team. This is our most essential resource. Please read on and see how you may be inspired, share and grow.

– **Howie**

Season of Giving Highlights



The YCTY community was blessed to have generous returning and new donors for Season of Giving 2025. With leadership from sponsor Active Healthcare at our Platinum level of \$6,000, we met 98% of our \$16,000 goal. This campaign provides funding for three classes and organizational support in 2026.

We cherish the 16 SOG donors and our monthly donors who pledge to keep allowing YCTY to provide #yogaforall. A heartfelt thank you to all.

What's New: More Yoga, Of Course

Get fresh in-person yoga now and weekly. Please share with friends and family. Subscribe to the [YCTY YouTube Channel](#) to receive new content regularly.

Join Amma Fandino online live on Saturdays for Spanish spoken yoga.
[Register for classes here.](#)

You call this **YOGA.**

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

<p>Boone Gentle Chair Yoga <i>Wednesdays at 2:00PM</i> BCBS Center with Pam Kidder-Ashley</p> <p>Gentle Mat Yoga <i>Thursdays at 6PM</i> BCBS Center with Jamie</p> <p>Charlotte Altern. Chair/Mat Yoga <i>Wednesdays at 10AM</i> BCBS Center with Cassandra Cureton</p> <p>Garner Spanish Yoga <i>Jan. 17th, Feb. 21st, Mar. 21st</i> <i>at 2PM</i> Zin Yoga in Garner, NC with Veronica Alarcon</p>	<p>Greenville Altern. Chair/Mat Yoga <i>Wednesdays at 1:30PM</i> BCBS Center with Phelicia Price</p> <p>Fayetteville Altern. Chair/Mat Yoga <i>Wednesdays at 10AM</i> BCBS Center with Audri Burgos</p> <p>Learn more + register:</p> 	<p>Raleigh Altern. Chair/Mat Yoga <i>Wednesdays at 10AM</i> BCBS Center with JJ Gormley</p> <p>Alternating Chair/Mat Yoga <i>Thursdays at 10AM</i> Raleigh North Regional Library with Ben Clarke & JJ Gormley</p> <p>Spanish Yoga <i>Every other Wednesday, beginning January 7th</i> Studio 1104 with Veronica Alarcon</p> <p>Online Standing & Seated Yoga in Spanish <i>Saturdays at 10AM</i> with Amma Fandiño</p>
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 @youcallthisyoga youcallthisyoga.org

What's Changing: Social Media Manager/ Board Treasurer

YCTY media has benefitted greatly from marketing manager Garrett Jurss over the past 2 ½ years. He was presented with a great opportunity and will begin there soon. Thank you Garrett for your insights and talent!

Also, longtime Board Treasurer (and treasure) Max Lanning is transferring the baton to a very capable successor this month. Our rock steady Finance Chair has served YCTY for over six years. Thank you Max for keeping things precise!

What's Needed: More Team

YCTY seeks skilled and action oriented volunteers for relationship development in the Triangle region of NC, fundraising, Board governance and admin support. Our greatest need is for a professional Marketing & Community Engagement Manager. We ask for at least two years of experience.

Role Summary

Key focus on creation and delivery of marketing collateral that supports initiatives to recruit team members, raise money and drive relationships with our constituents/ class attendees, This role works closely with the ED, program staff, and teachers to keep our systems running smoothly.

Also, we seek experienced committee members in

- marketing for oversight of our media processes
- relationship development in the Triangle region of NC
- Board of Directors development and leadership
- Accessible yoga teachers in the Triangle region of NC

Please reach out to Howie@youcallthisyoga.org to explore serving the community. Join the passionate yogis and support team. Image is from 2025.



What's Coming

Our quarterly Board of Directors meeting will feature the election of two new members onto the Board. It is thrilling to add fresh and committed energy to our passionate Board. No names yet until the results are in.

The YCTY Ambassadors Meet & Greet will occur via Zoom on Feb. 9. at 6:00pm. This is where our team shares fun ice breakers, insights, YCTY info and learns about each other. This is a joyful time to meet the other passionate yogis and supporters of accessible yoga practices. [Join our team!](#)

People ask: "When will classes resume in Durham Central Park?"
The answer: We are watching the weather for possible pop up classes in late March. We plan to return in April. Stay tuned for updates and possible pop-ups.

Donate to Our Mission

You Call This Yoga

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