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March 12, 2026



You call this

YOGA.

A Message from Howie

Hello to our longstanding and recent relationships. YCTY's birthday occurs on the day that the IRS recognized You Call This Yoga as a 501c3 nonprofit organization, March 5, 2010.



President Emeritus, Barbara Vosk, pictured here with YCTY founder, Howie Shareff

[Click HERE](#) to watch our 16th Birthday Celebration Message

The pioneering of accessible yoga in the Triangle region of North Carolina was drawn from my experiences with terrific yoga teachers who accommodated my special needs as an arthritic individual.

They also fostered my interest in teaching with their yoga spaces, personal time, guidance, and encouragement. My deepest gratitude to Julie Rosier, Cyndi Bulka, Lakshmi Voelker, and Nancy Gilbert. Inspirations for YCTY!

They bring heartfelt joy to the community and are the spirit of our organization. I express deep gratitude to them, their predecessors, and future teachers who seek to enhance community well-being. We [welcome more teachers](#) to share content and build sustainable programs.

Free Community Yoga Returning to Durham

You call this **YOGA.**
Free Community Class



Scan the QR code above to join us in this beautiful setting for alternating English & Spanish/English-speaking gentle mat yoga classes. Limited props available.

EVERY TUESDAY 6:00 PM - 7:00 PM

Durham Central Park
501 Foster Street | Durham, NC 27701

For complete YCTY class schedule- <https://youcallthisyoga.org/classes/>

Sponsored by donors to:

You call this **YOGA.** **Pinnacle** **Durham Central Park**

Get ready for our weekly Tuesday event in Durham Central Park to return on April 7 from 6:00 - 7:00. Weather permitting. We consider the temperature to be above 65 at the end of class and less than a 30% chance of rain near class time. Register on Eventbrite to be kept up to date.

Individual anonymous donors have provided funding for the first two classes.

More [individual donors are welcomed](#) - Click the link to get involved!

[Click Here to Register](#)

Sponsor Spotlight on Alisha Nissenfeld

Please learn more about a friend of YCTY for over ten years, Alisha Nissenfeld, who hosts our bi-weekly Spanish yoga in Raleigh.

She shared a [gong bath at YCTY headquarters five years ago](#).

With over 20 years of training and integration in both somatic and cognitive-based therapeutic modalities, Alisha offers a wide range of experience to support her clients and students. Her work includes somatic psychotherapy, informed by more than a decade of study and her current training in the Hakomi Method, where she has entered Level Two of this comprehensive professional program. Alisha leads retreats, yoga and backpacking expeditions, and local daytime paddle and drumming experiences that invite connection with body, community, and the natural world.

She also operates a care-collective, multi-use space, Studio 1104, on Cabarrus Street in Raleigh, where she hosts teachers, facilitators, and guides who offer their own meaningful work.

Feel free to [reach out to learn more](#) about Alisha's offerings, explore what is happening at Studio 1104, or inquire about renting the space for classes, workshops, or trainings.



Immerse yourself in [this Gong Bath with Alisha Nissenfeld](#)

Ambassador Spotlight on JJ Gormley

J.J. Gormley, MS, C-IAYT, E-RYT 500, is a highly experienced yoga teacher and therapist who joined You Call This Yoga (YCTY) in 2020.

Currently, JJ teaches at five locations in Wake County: senior residences, the Public Library, Meals On Wheels Friendship Cafe, and the BCBS Community Center.

Her work with You Call This Yoga has positively impacted hundreds of students over the years. JJ also serves as a Lead Community Ambassador, managing teachers in Wake County and overseeing overall attendance data for YCTY programming.

JJ is a Certified Yoga Therapist (C-IAYT), an Experienced Registered Yoga Teacher (E-RYT 500), and holds a Master's degree in Complementary Integrative Medicine. She is the founder of Surya Chandra Healing Yoga School (established in 2005) and the former owner of Sun and Moon Yoga (1992-2006) in northern Virginia.

JJ has been teaching since 1989, specializing in therapeutic, gentle, and alignment-focused yoga. In her classes, she emphasizes yoga therapy and safety, blending various traditions rooted in Krishnamacharya/Desikachar since 2003.

You can also find her videos on [You Call This Yoga's YouTube channel](#).

Thank you, JJ, for all you do!



Pictured here: JJ Gormley

YCTY YouTube Channel: Accessible Yoga Anytime

Accessible yoga, lessons in mindfulness, and creativity await you on the [YCTY YouTube Channel](#). We have added new shorts, medium-length videos, and moderate-length videos by yoga therapist Jacqueline Hall, plus fun inspiration from Howie. And an opportunity to dive deep for Pearls of Wisdom, historic YogaFest Online classes from around the world, and accessible yoga TV interviews of yoga icons by Howie. Please subscribe to stay updated.

Please reach out to Howie at 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

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