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May 7, 2026



You call this

YOGA.

A Message from Howie

While YCTY continues to offer weekly in-person classes, our YouTube channel remains a source of fresh yoga, mindfulness, and inspirational videos. I enjoy working with teachers to share their passions in brief and long-length practices, and find ways to share my experiences too. [Watch as I demonstrate an effective counter pose practice for improved posture.](#)

Our teachers are creating accessible yoga practices for anyone to enjoy and share with their communities. With a library of 693 videos to date, you can explore a treasure trove of knowledge anytime and anywhere.

[Subscribe for more updates!](#)

Bilingual Pop-Up at Dix Park Begins May 9



Monthly Bilingual Free Yoga at Dix Park

YCTY is excited to bring Veronica Alarcon out of the studio and into Raleigh's Dix Park Big Field each month for bilingual yoga at 9:30 a.m. Plan to arrive around 9:15 a.m., if possible, to allow time to park and find the site. It will be [near the Trolls](#). Look for "Mother Strong Tail".

Veronica attended our earlier offerings with Carolina Chavez and Karla Vallecillo and is thrilled to be the lead teacher for this lovely community event for You Call This Yoga! You can grab your friends, [sign up on Eventbrite](#), and make a day of it.

You can also join Veronica in the studio at [Zin Yoga and Studio 1104 for Spanish-speaking yoga](#). All at no cost to the participant. Sponsored by donors to YCTY.



Mother Strong Tail at Dix Park in Raleigh

Ambassador Spotlight on Shakira Bethea



Hey, how's it going? It's Shakira from Durham, and I'm deeply honored to be featured this month!

When I moved to Durham in the fall of 2019, I had hopes for what was coming next. Then spring 2020 shifted everything. The community paused, and like many of us, I found myself moving through long stretches of isolation. My body remembers feeling the crisp air on morning runs, the warmth of watching rabbits roam freely, and my aerial hammock swaddling me as we grew closer friends.

Emerging from isolation came a deep longing for a community that practiced together. Rooted in my work across yoga, somatics, culture, and truth-telling, I co-founded a wellness cooperative, which eventually led me to join the Durham Central Park team in 2023. Over time, this community became an anchor, grounding me in our shared presence. This is where familiar faces meet, where laughter comes easily, and where people release what they've been holding, whether stress, grief, or truths that don't yet have language. Watching it evolve into what it is today has been both life-giving and deeply inspiring.

It continues to shape how I offer this work, both here and through my own practice, Rhythmic Bloom, where movement becomes a conversation, and the body reveals its own intelligence. I help individuals and communities notice the patterns they've normalized, especially the ones that keep them disconnected from themselves and each other. I'm interested in what lives beneath "we're fine," and what becomes possible when people are resourced enough to be honest.

Through movement, reflection, and conversation, I create space for you to listen, interrupt old patterns, and practice new ways of responding in real time, so you leave with more than a stretch; you leave with something you can carry into your work, relationships, and daily life.

If you've been looking for a place to land, you can find me in class. Come as you are. We'll start there. Keep Bloomin', Shakira.

[Register for an upcoming class with Shakira in Durham's Central Park!](#)

Did Someone Say Cookies?

We compiled our initial list of favorite cookies in preparation for our recent Quarterly Ambassador Meeting. We also shared ideas for more video content for our YouTube channel and for promoting it on IG and FB.

Check out some favorites.....

[Morning Glory cookie](#) (carrot cake in a dry cookie form) - omit or substitute fruits.

Red Velvet Cake cookies - Dump a boxed cake mix like Duncan Hines / Betty Crocker into a bowl, add ½ cup oil and 2 beaten eggs. Mix well, add ½ cup white or milk chocolate chips and ¼ to ½ cup mini dark chocolate chips, then drop by the spoonfuls onto parchment paper or a greased cookie sheet. Bake at 350 degrees for 12-15 minutes (fewer if you want a soft cookie). I won 2nd place in a cookie contest with this.

[Best GF Oatmeal Chocolate Chip \(or Raisin\) Cookies](#)

[Snowball cookies \(memories of my grandmother's house\)](#)

Do you have a favorite cookie recipe? We want to hear about it. [Email us!](#)

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