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July 09, 2026



You call this

YOGA.

A Message from Howie

While many have celebrated the 250th anniversary of the USA's Declaration of Independence, YCTY also celebrates our anniversaries with partners who help us offer a range of options to enhance your enjoyment of life and relationships.

And our mindful, caring team. Please read on about them, they make yoga fun.

Also, on a personal note, my 43rd wedding anniversary was July 3.

As Barbara and I celebrate that depth of love and life all month long, please enjoy our [our wedding song](#) by Fleetwood Mac.

Meals on Wheels Returns as a Sponsor

We celebrate the renewed financial commitment by Meals On Wheels of Wake County and the completion of five continuous years as partners! They are supporting almost half of our programming at four community locations (Friendship Cafes) from July 2026 through June 2027.

Our first classes were held in downtown Raleigh, on Tucker Street near Glenwood Towers, in October 2021. Currently we have weekly chair yoga in Apex, Fuquay Varina, Raleigh and Wake Forest. Thank you, MOW, for your trust.



Howie and Meals on Wheels programming director, Sharon Lawson

Beyond Blue, A Neighborhood Partnership

We celebrate Beyond Blue's ongoing commitment and investment across North Carolina to provide a safe place for people to gather, learn, practice yoga, and play bingo! Our relationship has grown to include five locations, with six classes per week at no cost to participants. Thank you, Beyond, Blue, for serving NC.

Howie and Aolani visited the Neighborhood Center in Raleigh recently and found a delightful group of dedicated chair yoga students at JJ Gormley's class. You can [sign up on the YCTY website](#) for classes in a cool, welcoming setting.



Chair Yoga at Beyond Blue Neighborhood Center in Raleigh

Donors Drive Outreach in Wake and Durham County

Friends of YCTY are the cherished sustainers of our public classes. Bilingual Yoga in Raleigh continues to grow, with our pop-up class at Dix Park drawing 24 students with Veronica.

Our next class is July 25.

Too hot (or early)? Join Veronica on Wednesdays at 7:00 pm at Studio 1104 for Spanish Yoga.

Thank you, YCTY Sponsor [Active Healthcare](#), for your support.



Wake County Public Library mat and chair classes, plus chair yoga at Meals On Wheels have been funded by YCTY friends Amy & Leonard Bush and James Armstrong, whose ongoing commitment to accessible yoga across several locations is a joy to hundreds of Wake County residents.

We are fortunate that students in Durham supported three classes in the Spring, and private donors are funding classes this season. More are sought. [Please help and sponsor a class](#) for \$120.

Check out our [July - September Class Schedule](#) and Join us!

You call this **YOGA.**

FREE IN-PERSON WEEKLY ACCESSIBLE YOGA CLASSES

July 1 - Sept. 30, 2026

Boone Gentle Chair Yoga Wednesdays at 2:00 PM Beyond Blue Neighborhood Center with Pam Kidder-Ashley	Durham GentleYoga Flow Tuesdays at 6:00 PM Durham Central Park w/ Shakira Bethea & Karla Vallecillo (English/Spanish)	Raleigh Altern. Chair/Mat Yoga Wednesdays at 10:00 AM Beyond Blue Neighborhood Center with JJ Gormley
Gentle Mat Yoga Thursdays at 6:00 PM Beyond Blue Neighborhood Center with Jamie T.	Greenville Altern. Chair/Mat Yoga Wednesdays at 1:30 PM Beyond Blue Neighborhood Center with Phelicia Price	Bilingual Pop Up Yoga @ Dix Park July 25, Aug. 15, Sept. 12 at 9:30 AM Dix Park with Veronica Alarcon
Charlotte Altern. Chair/Mat Yoga Wednesdays at 10:00 AM Beyond Blue Neighborhood Center with Cassandra Cureton	Fayetteville Altern. Chair/Mat Yoga Wednesdays at 10:00 AM Beyond Blue Neighborhood Center with Audri Burgos	Spanish Yoga Wednesdays at 7:00 PM Studio 1104 with Veronica Alarcon

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Ambassador Spotlight on Aolani Donegan

After having my two sons, I hit a point where I could no longer ignore how much my body had changed and how little attention I'd given it through the demands of new motherhood. That postpartum realization became a turning point — not about chasing a certain look, but about reclaiming strength, energy, and a sense of ownership over my own body. I started paying closer attention to movement and nutrition, eventually finding a rhythm through structured fitness and mindful eating that fit my life as a working mom. That search for balance and self-care



naturally led me toward yoga and wellness spaces that valued the whole person, not just performance.

I first found YCTY through a friend, and the more I learned about the organization, the more inspired I became by Howie and the instructors' dedication to making yoga genuinely accessible. I wanted to help raise awareness so people in the community would know this resource existed and take advantage of it. That drive led me to bring my marketing and communications background to the team, helping shape the story YCTY tells about itself. Today I'm involved in strategic social media planning, content development, and reporting that helps the board and

stakeholders see the real impact of the work.

This week I visited the Beyond Blue Neighborhood Center in Raleigh, where I met participants who've been attending JJ's [classes](#) for over three years — a full-circle moment for me, since I was on-site for the center's ribbon-cutting during my time as a corporate social media communications specialist at Blue Cross NC. Watching a full class come together, focused on movement and breath in a true community setting, was a genuine joy to witness and take part in. I can't wait to visit more centers and see this mission continue to unfold.

[Donate to Our Mission](#)

You Call This Yoga

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