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June 11, 2026



You call this

YOGA.

A Message from Howie

As we reach the halfway point of the year, I am reviewing which classes are best to continue, take a break from, or expand if possible. It is through strong, longstanding relationships with our team, donors, and partners that I have this opportunity to make changes as deemed best. One such friend of YCTY is Alisha Nissenfeld, whose Studio 1104 has helped us pioneer Spanish Yoga in Raleigh over the past two years. *(Read about her in our Ambassador Spotlight below.)*

It is also a joy to work with our Ambassadors from across North Carolina and Board member Amma Fandino in Bogota, Colombia, to create fresh, accessible yoga video shorts and tutorials for the [YCTY YouTube channel](#). I am also evaluating with our marketing team which topics and video lengths work well for the online community.

While it may be hot outside for most of us, you can find refreshment through accessible yoga practices in person and online.

Please [contact me](#) if you have any special requests.

Beyond Blue Neighborhood Centers & Durham Central Park

Our five-year relationship with Beyond Blue, previously branded as Blue Cross Blue Shield of NC (BCBSNC), is continuing very well, with five locations (offering six classes) across North Carolina. People who may not have the means to accessible free yoga practices have been grateful for this pioneering program provided by YCTY with Beyond Blue to improve community wellbeing.



Durham Central Park (pictured above) continues to draw about 60 people to each weekly class. Karla and Shakira, with the help of Cindy, Kelly, and Chris, provide a chill experience under the covered pavilion. [Please share and join in.](#)

Changes to YCTY Q3 Class Schedule

Spanish yoga classes for Q3 will be in person in Raleigh with:

- weekly classes on Wednesday in Studio 1104 and
- monthly at Dix Park in Raleigh with Veronica Alarcon

Our multi-year run at Zin Yoga in Garner ended last month. We cherish Kara O'Briant's generous support and leadership in providing accessible yoga.

Amma's Saturday online class will take a break for Q3 and return in October.

The Wake County Public Library in Raleigh chair and mat yoga classes are on Summer break.

See our full schedule of public classes across North Carolina below.

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

Gentle Mat Yoga

Thursdays at 6:00 PM
Beyond Blue
Neighborhood Center
with Jamie T.

Charlotte

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
Beyond Blue
Neighborhood Center
with Cassandra Cureton

Durham

GentleYoga Flow

Tuesdays at 6:00 PM
Durham Central Park w/
Shakira Bethea &
Karla Vallecillo
(English/Spanish)

Greenville

Altern. Chair/Mat Yoga

Wednesdays at 1:30 PM
Beyond Blue
Neighborhood Center
with Phelicia Price

Fayetteville

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
Beyond Blue
Neighborhood Center
with Audri Burgos

Raleigh

Altern. Chair/Mat Yoga

Wednesdays at 10:00 AM
Beyond Blue
Neighborhood Center
with JJ Gormley

Bilingual Pop Up Yoga

@ Dix Park
July 25, Aug. 15, Sept. 12
at 9:30 AM
Dix Park with
Veronica Alarcon

Spanish Yoga

Wednesdays at 7:00 PM
Studio 1104 with
Veronica Alarcon

Learn more +
Register:



Sponsors & Donors

Donors to
You Call this Yoga



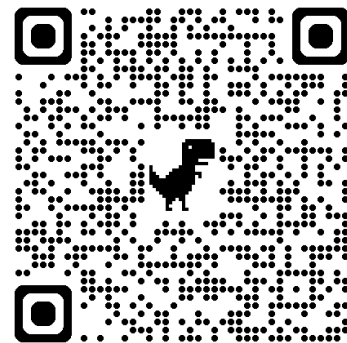
@youcallthisyoga

youcallthisyoga.org

How Can You Help YCTY?

We seek help in several areas:

- Every six months, we seek feedback from our students about their experiences. Please click for [English here](#) or [Spanish here](#) or via the QR codes to share your important comments and experiences.
- YCTY seeks people to join our development team in fundraising, partnership development, and prospects for Board positions. Please [view our website](#) to learn more or [contact Howie](#).
- Donors to support public yoga. Please visit [our website](#) and make a positive difference in the community. Every donation is appreciated.





2025 Encuesta Estudiantil -
Google Forms

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Ambassador Spotlight on Alisha Nissenfeld



Please meet our friend Alisha Nissenfeld.

Alisha works at the intersection of the ancient and the alive, where healing is not a transaction but a relationship, and where the body is always the wisest voice in the room. She offers Thai Yoga Massage: a sacred, clothed, deeply held bodywork practice where compression, breath, and assisted movement return you to yourself. A conversation between nervous systems. A homecoming.

Her work includes Somatic Psychotherapy, private and small-group yoga, Sound Baths, Meditation, Yoga Adventure Hikes, and Beach and Mountain House Retreats, as well as the Tender Love and Care Whole Human

Cleanse: a full-heart reset built around nourishment and restoration. Different offerings, one thread: loving presence, collective care, and community. Come as you are. Be met exactly there.

Find out more and book a session

alishanissenfeld.com

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Donate to Our Mission

You Call This Yoga

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Connect with us!





Try email marketing for free today!