



# DIY



## FOUNDATIONS NOVEMBER

CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

If you miss a class, please email [assist.day1yoga@gmail.com](mailto:assist.day1yoga@gmail.com) promptly so you can be provided with a recorded session valid for 24hrs.

Topic: FOUNDATIONS (7am US EST)

Time: Dec 2, 2021 07:00 Eastern Time (US and Canada)

Every week on Thu, Tue, 8 occurrence(s)

Dec 2, 2021 07:00

Dec 7, 2021 07:00

Dec 9, 2021 07:00

Dec 14, 2021 07:00

Dec 16, 2021 07:00

Dec 21, 2021 07:00

Dec 23, 2021 07:00

Dec 28, 2021 07:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/meeting/tZMod-quqTgtH9Mq-yYcWntBCP1eINgpY9sx/ics?icsToken=98tyKuGvqzspHNOWtxyARpwEGYigb-7wtnZagvpwjVL8OiNkbBfUFdITN75RN8jp>

Join Zoom Meeting

<https://us02web.zoom.us/j/87503673757?pwd=ZE5wV1hpQ2kyU1NzMm1iaVplb1JsQT09>

Meeting ID: 875 0367 3757

Passcode: 412828

One tap mobile

+16465588656,,87503673757#,,,,\*412828# US (New York)

+13017158592,,87503673757#,,,,\*412828# US (Washington DC)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 875 0367 3757

Passcode: 412828

Find your local number: <https://us02web.zoom.us/j/kiwQARI53>

**Topic: FOUNDATIONS (2pm US EST)**

**Time: Dec 2, 2021 14:00 Eastern Time (US and Canada)**

Every week on Thu, Tue, 8 occurrence(s)

Dec 2, 2021 14:00

Dec 7, 2021 14:00

Dec 9, 2021 14:00

Dec 14, 2021 14:00

Dec 16, 2021 14:00

Dec 21, 2021 14:00

Dec 23, 2021 14:00

Dec 28, 2021 14:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZakdeCqqjorHtCS5GcEs\\_U95sKuOwgdG-tz/ics?icsToken=98tyKuGspzjkGNCUsR2DRpwIHjYjoXerwiH5cgrd-r0rCAAVAXTavY\\_FpJ51oF9z3](https://us02web.zoom.us/meeting/tZakdeCqqjorHtCS5GcEs_U95sKuOwgdG-tz/ics?icsToken=98tyKuGspzjkGNCUsR2DRpwIHjYjoXerwiH5cgrd-r0rCAAVAXTavY_FpJ51oF9z3)

Join Zoom Meeting

<https://us02web.zoom.us/j/84929241144?pwd=NitlaXJCTmxoSmNmNU1NaFUwSnpPUT09>

Meeting ID: 849 2924 1144

Passcode: 605039

One tap mobile

+13017158592,,84929241144#,,,,\*605039# US (Washington DC)

+13126266799,,84929241144#,,,,\*605039# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)  
+1 669 900 9128 US (San Jose)

Meeting ID: 849 2924 1144

Passcode: 605039

Find your local number: <https://us02web.zoom.us/j/krzvmrVX>

Topic: FOUNDATIONS (8pm US EST)

Time: Dec 2, 2021 20:00 Eastern Time (US and Canada)

Every week on Thu, Tue, 8 occurrence(s)

Dec 2, 2021 20:00

Dec 7, 2021 20:00

Dec 9, 2021 20:00

Dec 14, 2021 20:00

Dec 16, 2021 20:00

Dec 21, 2021 20:00

Dec 23, 2021 20:00

Dec 28, 2021 20:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZUvdu2oqzsqEtdL6Tiv\\_1f\\_IOJ07Ig-Qy9G/ics?icsToken=98tyKuGprDouGtGVsBGERpwcAlj4LPTwmGJfj7dZsEnRCjZsMwXJOs1oYuVWF5Xh](https://us02web.zoom.us/meeting/tZUvdu2oqzsqEtdL6Tiv_1f_IOJ07Ig-Qy9G/ics?icsToken=98tyKuGprDouGtGVsBGERpwcAlj4LPTwmGJfj7dZsEnRCjZsMwXJOs1oYuVWF5Xh)

Join Zoom Meeting

<https://us02web.zoom.us/j/81214050083?pwd=aUpldFFZNTZRUFpMeURvenBSWWlkZz09>

Meeting ID: 812 1405 0083

Passcode: 540342

One tap mobile

+13126266799,,81214050083#,,,,\*540342# US (Chicago)

+16465588656,,81214050083#,,,,\*540342# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 812 1405 0083

Passcode: 540342

Find your local number: <https://us02web.zoom.us/j/kp0IJ2GxQ>