



# DIY



## FOUNDATIONS JANUARY

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: Jan 4, 2022 07:00 Eastern Time (US and Canada)

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

Jan 4, 2022 07:00  
Jan 6, 2022 07:00  
Jan 11, 2022 07:00  
Jan 13, 2022 07:00  
Jan 18, 2022 07:00  
Jan 20, 2022 07:00  
Jan 25, 2022 07:00  
Jan 27, 2022 07:00

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

Weekly: <https://us02web.zoom.us/meeting/tZAod-2srj0rGd07I7nz1gwRLrG0qrHCUzIS/ics?icsToken=98tyKuGsqzsuHtSTsRqORpwIGYigLOjziCFjacNyzayDToCZRTEGvBIYqNtOPvl>

Join Zoom Meeting

<https://us02web.zoom.us/j/84504406139?pwd=aXBMU0RHMXV2ayt2cGRWSnZSM1FGQT09>

Meeting ID: 845 0440 6139

Passcode: 516828

One tap mobile

+13462487799,,84504406139#,,,,\*516828# US (Houston)

+16699009128,,84504406139#,,,,\*516828# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 845 0440 6139

Passcode: 516828

Find your local number: <https://us02web.zoom.us/j/84504406139>

Topic: FOUNDATIONS (2pm US EST)

Time: Jan 4, 2022 14:00 Eastern Time (US and Canada)

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

Jan 4, 2022 14:00

Jan 6, 2022 14:00

Jan 11, 2022 14:00

Jan 13, 2022 14:00

Jan 18, 2022 14:00

Jan 20, 2022 14:00

Jan 25, 2022 14:00

Jan 27, 2022 14:00

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

Weekly: [https://us02web.zoom.us/meeting/tZEuf-2srz0pEtKw-](https://us02web.zoom.us/meeting/tZEuf-2srz0pEtKw-yJlg1p_prf_UJ15I56j/ics?icsToken=98tyKuGtrTMuHtWTsxGBRpwMA4qgLOjzmCFej7d2i1L8KQIU)

[yJlg1p\\_prf\\_UJ15I56j/ics?icsToken=98tyKuGtrTMuHtWTsxGBRpwMA4qgLOjzmCFej7d2i1L8KQIU](https://us02web.zoom.us/meeting/tZEuf-2srz0pEtKw-yJlg1p_prf_UJ15I56j/ics?icsToken=98tyKuGtrTMuHtWTsxGBRpwMA4qgLOjzmCFej7d2i1L8KQIU)  
[MxPJJvBEDYdVQY3c](https://us02web.zoom.us/meeting/tZEuf-2srz0pEtKw-yJlg1p_prf_UJ15I56j/ics?icsToken=98tyKuGtrTMuHtWTsxGBRpwMA4qgLOjzmCFej7d2i1L8KQIU)

Join Zoom Meeting

<https://us02web.zoom.us/j/85384416386?pwd=MnphQVg1MG5pTExYWERCc3RnUG9qdz09>

Meeting ID: 853 8441 6386

Passcode: 143949

One tap mobile

+13462487799,,85384416386#,,,,\*143949# US (Houston)

+16699009128,,85384416386#,,,,\*143949# US (San Jose)

Dial by your location

- +1 346 248 7799 US (Houston)
- +1 669 900 9128 US (San Jose)
- +1 253 215 8782 US (Tacoma)
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 301 715 8592 US (Washington DC)

Meeting ID: 853 8441 6386

Passcode: 143949

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

Topic: FOUNDATIONS (8pm US EST)

Time: Jan 4, 2022 20:00 Eastern Time (US and Canada)

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

- Jan 4, 2022 20:00
- Jan 6, 2022 20:00
- Jan 11, 2022 20:00
- Jan 13, 2022 20:00
- Jan 18, 2022 20:00
- Jan 20, 2022 20:00
- Jan 25, 2022 20:00
- Jan 27, 2022 20:00

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

Weekly: [https://us02web.zoom.us/meeting/tZYpceyrrTkiGdH0Y-IOCGOeudvFE5whK2O8/ics?icsToken=98tyKuGqqj0vGdeXuBqCRpwQBo\\_oZ-nztnpHjad1zCaoKg9wRSztl-ZUFJcqB9D7](https://us02web.zoom.us/meeting/tZYpceyrrTkiGdH0Y-IOCGOeudvFE5whK2O8/ics?icsToken=98tyKuGqqj0vGdeXuBqCRpwQBo_oZ-nztnpHjad1zCaoKg9wRSztl-ZUFJcqB9D7)

Join Zoom Meeting

<https://us02web.zoom.us/j/82465332835?pwd=Qy9nMjVlVUgxmZ2g0eHc1alpRSmxqUT09>

Meeting ID: 824 6533 2835

Passcode: 320294

One tap mobile

- +16699009128,,82465332835#,,,,\*320294# US (San Jose)
- +12532158782,,82465332835#,,,,\*320294# US (Tacoma)

Dial by your location

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

+1 646 558 8656 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 312 626 6799 US (Chicago)

Meeting ID: 824 6533 2835

Passcode: 320294

Find your local number: <https://us02web.zoom.us/j/82465332835>