



**DAY1YOGA
MONTH ACCESS
FEBRUARY 2022**

Hello and thank you for registering!

Welcome to February and the DAY1YOGA Membership! For those returning for another month, I am truly grateful to see you again! New members, I'm thrilled to have you join us and I can't wait to work with you! As always, I am happy to connect with you, work with you, and get to know you better.

MEMBER FOLDER CONTINUED: We had such great feedback from Members about the shared folder, we will continue for the year.

For you as a member, we will have a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before deletion. Please know it is **preferable for you to be live in class** and not rely on recordings ☺.

The link for the Members Showcase is:

Link: <https://vimeo.com/showcase/9211018>

Password: Day1yogaMemberFEB

All ZOOM codes are located in this email. Please keep it for the month as it will have everything you need, including a calendar of events. You'll have three codes for Stronger Together, two for Stretchletic, and three codes for Foundations, so if you miss your usual slot, you can just click into the next meeting or catch the recording.

Please use the **included ical links to set reminders!** I want you to get the most out of this month and that means **showing up to class!**

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love, *Day*



D1Y



FEBRUARY MEMBERSHIP CALENDER

LEG DAY DRILLS

Saturdays starting February 5th, 9am and 7pm US EST
(4 meetings)

JANUARY STRONGER TOGETHER

Mondays, Wednesdays, and Fridays February 2nd at 9am, 1pm, or 7pm US EST
(12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting February 1st at 7am, 2pm, and 8PM US EST
(8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays February 2nd at 10am US EST
(12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting February 1st at 7pm US EST
(8 meetings)

SKILLS

MWF starting February 2nd, 8pm US EST
(12 classes)

Please note all times are in US EST, please check your time zone!

Please make sure to sign in 5 mins prior to class start time, with the name you registered with: spouse/child/studio names or "ipad/iphone/phone numbers" aren't recognized and delay your entry. If you find yourself in the "waiting room" more than a few seconds, please check your name.

ZOOM CODES:

Topic: SKILLS

Time: Feb 2, 2022 20:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZMldu-gqz0jEtYQfzewtpSbYT59CPRtVb8O/ics?icsToken=98tyKuGvpjosEtGTuRGFRpwEGoj4M_zwmCFEj7dkrRn_BjdHcjD0D9YXa5FPiszm

Join Zoom Meeting

<https://us02web.zoom.us/j/87816856982?pwd=a3F6Y0JrMU9PRU9CNUJrME16VEg1Zz09>

Meeting ID: 878 1685 6982

Passcode: 900628

One tap mobile

+13462487799,,87816856982#,,,,*900628# US (Houston)

+16699009128,,87816856982#,,,,*900628# 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: 878 1685 6982

Passcode: 900628

Find your local number: <https://us02web.zoom.us/u/kdzbY3F9TB>

Topic: *LEG DAY DRILLS* (9AM US EST)

Time: Feb 5, 2022 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZUqdOyorzgqG9AaltHehQyt5nUtbUuRNfBr/ics?icsToken=98tyKuGpqTgvGtWWsBiDRpwcB4jCZ_TzmHZfjfp8nTbxKyVbUxriY-x3JrBKBer-

Join Zoom Meeting

<https://us02web.zoom.us/j/81735013014?pwd=TVpWdmtHZjdOWWdOUFNsWGJxaHJOdz09>

Meeting ID: 817 3501 3014

Passcode: 896158

One tap mobile

+12532158782,,81735013014#,,,,*896158# US (Tacoma)

+13462487799,,81735013014#,,,,*896158# US (Houston)

Dial by your location

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+1 669 900 9128 US (San Jose)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 817 3501 3014

Passcode: 896158

Find your local number: <https://us02web.zoom.us/u/kdX49dYsr3>

Topic: *LEG DAY DRILLS* (7PM US EST)

Time: Feb 5, 2022 19:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZwsf-6rrj0jG9J-](https://us02web.zoom.us/meeting/tZwsf-6rrj0jG9J-Ck1cmS3uYHEyevc7LPYM/ics?icsToken=98tyKuGgrzMtGdSTuRiBRpw-BYqgKOnziCFEjfp30TzuUiNeUVDjD8pnK7dpE4_8)

[Ck1cmS3uYHEyevc7LPYM/ics?icsToken=98tyKuGgrzMtGdSTuRiBRpw-BYqgKOnziCFEjfp30TzuUiNeUVDjD8pnK7dpE4_8](https://us02web.zoom.us/meeting/tZwsf-6rrj0jG9J-Ck1cmS3uYHEyevc7LPYM/ics?icsToken=98tyKuGgrzMtGdSTuRiBRpw-BYqgKOnziCFEjfp30TzuUiNeUVDjD8pnK7dpE4_8)

Join Zoom Meeting

<https://us02web.zoom.us/j/88187306916?pwd=UTE2TzRENmlsd0l1Mk51cmpheW9Kdz09>

Meeting ID: 881 8730 6916

Passcode: 407589

One tap mobile

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+13462487799,,88187306916#,,,,*407589# US (Houston)

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

Meeting ID: 881 8730 6916

Passcode: 407589

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

Topic: STRONGER TOGETHER (9am US EST)

Time: Feb 2, 2022 09:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZAsdOmtqzotG9Bad_J3lQh3IKq35pDmVAvd/ics?icsToken=98tyKuGsrzqgH9GUtxiDRpwIBYjCc-_wmH5ajfp_nRvaKXNfUwulH8lTYedvNNXm

Join Zoom Meeting

<https://us02web.zoom.us/j/84130551714?pwd=MjlYbG5Ed2ZPQkQ3b2s3YUhmDIInVzZ09>

Meeting ID: 841 3055 1714

Passcode: 396662

One tap mobile

+12532158782,,84130551714#,,,,*396662# US (Tacoma)
+13462487799,,84130551714#,,,,*396662# US (Houston)

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

Meeting ID: 841 3055 1714

Passcode: 396662

Find your local number: <https://us02web.zoom.us/j/keFw4UsHhP>

Topic: STRONGER TOGETHER (1pm US EST)

Time: Feb 2, 2022 13:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/meeting/tZ0lfuuqrjwoHtJ2JdOKrI6lJJDP3LSvcKIs/ics?icsToken=98tyKuGhpjloGNSSsh2BRpx5Gor4a-rziGZBgrd3zjXhLAtBS1X6HMhmluFTI87T>

Join Zoom Meeting

<https://us02web.zoom.us/j/89892207246?pwd=RIa3MmRXayt5NTQ1TXlpRGVvd2RXUT09>

Meeting ID: 898 9220 7246

Passcode: 650124

One tap mobile

+12532158782,,89892207246#,,,,*650124# US (Tacoma)

+13462487799,,89892207246#,,,,*650124# US (Houston)

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+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 898 9220 7246

Passcode: 650124

Find your local number: <https://us02web.zoom.us/j/kuVD56AG>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Feb 2, 2022 19:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZwkc-yprzktHtRPBB4FK1TtpDmZ51QGl6QM/ics?icsToken=98tyKuGgpz8vG9WXtx2HRpw-HY-gZ-vzmHpagrdvrD3HVwZ4MzfiJsZPCOculf_c

Join Zoom Meeting

<https://us02web.zoom.us/j/88945112740?pwd=V0lVbHZJNS9xUHRPbi8xdnVPTEExUT09>

Meeting ID: 889 4511 2740

Passcode: 679344

One tap mobile

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+12532158782,,88945112740#,,,,*679344# US (Tacoma)

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+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: 889 4511 2740

Passcode: 679344

Find your local number: <https://us02web.zoom.us/u/kcZZLInKKC>

Topic: FOUNDATIONS (7AM US EST)

Time: Feb 1, 2022 07:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZMpdeusrDorHdw0n5Bas9GOTW8RJsSIMibq/ics?icsToken=98tyKuGvqjk oHtaUsR6PRpwEBojoa-jzpn5cgqdKzBGwISFAOyTZAtUaAJhsl_H9

Join Zoom Meeting

<https://us02web.zoom.us/j/87422421178?pwd=M1YrUUNkOURoS0hYUzI5R2dPS3JzZz09>

Meeting ID: 874 2242 1178

Passcode: 977379

One tap mobile

+16699009128,,87422421178#,,,,*977379# US (San Jose)

+12532158782,,87422421178#,,,,*977379# US (Tacoma)

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+1 346 248 7799 US (Houston)

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+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 874 2242 1178

Passcode: 977379

Find your local number: <https://us02web.zoom.us/j/kcEyWwIso0>

Topic: FOUNDATIONS (2PM US EST)

Time: Feb 1, 2022 14:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZEldu2pqjojG9yQzT8b_5_4yQss-KkB5Nj0/ics?icsToken=98tyKuGtpjouG9CUuRiPRpwMGoj4LOvwiH5EjfpErQXRWyJsNzyiL9NRIf9UG_qF

Join Zoom Meeting

<https://us02web.zoom.us/j/85814141918?pwd=MXZnVFFsbElVNmVlamUrbnFwaGNQdz09>

Meeting ID: 858 1414 1918

Passcode: 242878

One tap mobile

+13462487799,,85814141918#,,,,*242878# US (Houston)

+16699009128,,85814141918#,,,,*242878# US (San Jose)

Dial by your location

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+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

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+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 858 1414 1918

Passcode: 242878

Find your local number: <https://us02web.zoom.us/j/kWZ7h3Jqh>

Topic: FOUNDATIONS (8PM US EST)

Time: Feb 1, 2022 20:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZlvc-yorD4tEtC7Ay_ZINI1X6Qh9TlRh68z/ics?icsToken=98tyKuGurD8vGtaQtXGDRpwAAI-gZ_TzpiVaj7d-yz78PBp6TCqnDrRzOutLHMrY

Join Zoom Meeting

<https://us02web.zoom.us/j/86245025784?pwd=NjE4Zld1TkhsTXFjVDFkMWI0ckI2QT09>

Meeting ID: 862 4502 5784

Passcode: 231309

One tap mobile

+12532158782,,86245025784#,,,,*231309# US (Tacoma)

+13462487799,,86245025784#,,,,*231309# US (Houston)

Dial by your location

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+1 669 900 9128 US (San Jose)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 862 4502 5784

Passcode: 231309

Find your local number: <https://us02web.zoom.us/j/86245025784>

Topic: STRETCHLETIC (3xWK)

Time: Feb 2, 2022 10:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

Feb 2, 2022 10:00

Feb 4, 2022 10:00

Feb 7, 2022 10:00

Feb 9, 2022 10:00

Feb 11, 2022 10:00

Feb 14, 2022 10:00

Feb 16, 2022 10:00

Feb 18, 2022 10:00

Feb 21, 2022 10:00

Feb 23, 2022 10:00

Feb 25, 2022 10:00

Feb 28, 2022 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMlduqtqDgqE9DLkD29rY6knC-](https://us02web.zoom.us/meeting/tZMlduqtqDgqE9DLkD29rY6knC-gKJpTkhpe/ics?icsToken=98tyKuGvpjopH9KWsBCDRpweGoj4b-_wpnZfj_p5sBTBUXIBW1X9OMEPNZIVAOzb)

[gKJpTkhpe/ics?icsToken=98tyKuGvpjopH9KWsBCDRpweGoj4b-_wpnZfj_p5sBTBUXIBW1X9OMEPNZIVAOzb](https://us02web.zoom.us/meeting/tZMlduqtqDgqE9DLkD29rY6knC-gKJpTkhpe/ics?icsToken=98tyKuGvpjopH9KWsBCDRpweGoj4b-_wpnZfj_p5sBTBUXIBW1X9OMEPNZIVAOzb)

Join Zoom Meeting

<https://us02web.zoom.us/j/87813563094?pwd=SFewSjFhelBRM2FINHRWbVFtQ29udz09>

Meeting ID: 878 1356 3094

Passcode: 052569

One tap mobile

+12532158782,,87813563094#,,,,*052569# US (Tacoma)

+13462487799,,87813563094#,,,,*052569# US (Houston)

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+1 646 558 8656 US (New York)

Meeting ID: 878 1356 3094

Passcode: 052569

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

Topic: STRETCHLETIC (2 WK)

Time: Feb 1, 2022 19:00 Eastern Time (US and Canada)

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

Feb 1, 2022 19:00
Feb 3, 2022 19:00
Feb 8, 2022 19:00
Feb 10, 2022 19:00
Feb 15, 2022 19:00
Feb 17, 2022 19:00
Feb 22, 2022 19:00
Feb 24, 2022 19:00

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

Weekly: https://us02web.zoom.us/meeting/tZckdu6grD8qHtPIOrN1XM-b751Hk6DPzS-0/ics?icsToken=98tyKuGrpzotEtaRsB2ARpwqHYj4KPzpzilfgrdtkE_3LXFrT070YbcTGrkpNOjK

Join Zoom Meeting

<https://us02web.zoom.us/j/83917824047?pwd=Z0FiODYwUHFmYW44Zm8yS3FDU205Zz09>

Meeting ID: 839 1782 4047

Passcode: 499203

One tap mobile

+13462487799,,83917824047#,,,,*499203# US (Houston)

+16699009128,,83917824047#,,,,*499203# US (San Jose)

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+1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)

Meeting ID: 839 1782 4047

Passcode: 499203

Find your local number: <https://us02web.zoom.us/j/kcS7zNH7fm>