



DAY1YOGA
MONTH ACCESS
MARCH 2022

Hello and thank you for registering!

Welcome to March 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:

For you as a member, we will maintain 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/9284884>

Password: DAY1FROMDAY1

All ZOOM codes are 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!** Following this PDF, I will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

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



MARCH MEMBERSHIP CALENDAR

LEG DAY DRILLS

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

STRONGER TOGETHER

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

FOUNDATIONS

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

STRETCHLETIC 3x

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

STRETCHLETIC 2x

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

SKILLS

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

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

PLEASE NOTE: DAYLIGHT SAVINGS BEGINS MARCH 13th ON US EST. As not all countries and locations follow daylight saving, you may encounter time discrepancies. Please check your local time zone against New York time to be updated.

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: March 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

7dkrRn_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: Mar 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/tZEtcOGpqDirGdD8cyRplytIIN9gtYKgim--/ics?icsToken=98tyKuGtrjwiG9KcsRqDRpwMAo_CWewvplhcjad5xBz8MRBfexffH8wbNaZGO9_Z

Join Zoom Meeting

<https://us02web.zoom.us/j/85078169134?pwd=STJvenJxYUxqYk4vVi9aQUVpaC9xZz09>

Meeting ID: 850 7816 9134

Passcode: 886882

One tap mobile

+16699009128,,85078169134#,,,,*886882# US (San Jose)

+12532158782,,85078169134#,,,,*886882# 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: 850 7816 9134

Passcode: 886882

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

Topic: LEG DAY DRILLS

Time: Mar 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/tZYsdemoqzopEtfEq3tdYnkTALTKc6jHx9le/ics?icsToken=98tyKuGqrzkqGtGUsxGERpwQBYjoc_TwmH5ej7dbuQ62FyRqbAjCF852GbEpGvDI

Join Zoom Meeting

<https://us02web.zoom.us/j/82120051383?pwd=VHZXMGpyUEcxS3hWZExaa0xuS1FDQT09>

Meeting ID: 821 2005 1383

Passcode: 430596

One tap mobile

+12532158782,,82120051383#,,,,*430596# US (Tacoma)

+13462487799,,82120051383#,,,,*430596# US (Houston)

Dial by your location

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+1 346 248 7799 US (Houston)
+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: 821 2005 1383

Passcode: 430596

Find your local number: <https://us02web.zoom.us/j/krwFskH1v>

Topic: STRONGER TOGETHER (9am US EST)

Time: Mar 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/tZlqce2qrT0rE9AqobqcMdlw3jTYFLAufWSo/ics?icsToken=98tyKuGuqT0uGNeTsRCDRpWAB4_oLOrztiFcj_p8jRDnEiN-Zi_hZeh2C5RTMc3W

Join Zoom Meeting

<https://us02web.zoom.us/j/86764236194?pwd=S0Q0ckU5cUI1QVJWajRhLzRWNOudz09>

Meeting ID: 867 6423 6194

Passcode: 068565

One tap mobile

+13462487799,,86764236194#,,,,*068565# US (Houston)

+16699009128,,86764236194#,,,,*068565# US (San Jose)

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+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 867 6423 6194

Passcode: 068565

Find your local number: <https://us02web.zoom.us/j/kdaKAdtYy9>

Topic: STRONGER TOGETHER (1PM US EST)

Time: Mar 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/join/tZApceqtqjMoGN2z5eUT8MLXB30_WXZYzxb/ics?icsToken=98tyKuGs qjOpH9CdshuORpwIBo_ob-_wiFxBjYOPhkrghNhQLTw_aDsARYo1IKOLp

Join Zoom Meeting

<https://us02web.zoom.us/j/84463548229?pwd=d2dDK29IT3pVWjRPM09PZS90WGcvUT09>

Meeting ID: 844 6354 8229

Passcode: 648546

One tap mobile

+16699009128,,84463548229#,,,,*648546# US (San Jose)

+12532158782,,84463548229#,,,,*648546# US (Tacoma)

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+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 844 6354 8229

Passcode: 648546

Find your local number: <https://us02web.zoom.us/j/84463548229>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Mar 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/join/tZIsceioqTMrH920Y4sXvXUVa5eD67nFAMLm/ics?icsToken=98tyKuGu rzOrGtOdsRyORpwABY_od_TwtlxcgvoPzCaxEBhFWjbAN7dHFuQoHv7x

Join Zoom Meeting

<https://us02web.zoom.us/j/86161078159?pwd=UStIYVdBROZ3RUtGWkdBR3ZqbXJLZz09>

Meeting ID: 861 6107 8159

Passcode: 486345

One tap mobile

+16699009128,,86161078159#,,,,*486345# US (San Jose)

+12532158782,,86161078159#,,,,*486345# US (Tacoma)

Dial by your location

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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: 861 6107 8159

Passcode: 486345

Find your local number: <https://us02web.zoom.us/j/kcvtq58rKt>

Topic: FOUNDATIONS

Time: Mar 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/tZYtc-](https://us02web.zoom.us/meeting/tZYtc-mhqzlvGNlxZelfdT8RXqjJR8ODRiP9/ics?icsToken=98tyKuGqrj8qE9GctRuBRpwQAo-gc_PwmFhYjY10hCXgDyZXVlvEDvNLGIAnP_zi)

[mhqzlvGNlxZelfdT8RXqjJR8ODRiP9/ics?icsToken=98tyKuGqrj8qE9GctRuBRpwQAo-](https://us02web.zoom.us/meeting/tZYtc-mhqzlvGNlxZelfdT8RXqjJR8ODRiP9/ics?icsToken=98tyKuGqrj8qE9GctRuBRpwQAo-gc_PwmFhYjY10hCXgDyZXVlvEDvNLGIAnP_zi)

[gc_PwmFhYjY10hCXgDyZXVlvEDvNLGIAnP_zi](https://us02web.zoom.us/meeting/tZYtc-mhqzlvGNlxZelfdT8RXqjJR8ODRiP9/ics?icsToken=98tyKuGqrj8qE9GctRuBRpwQAo-gc_PwmFhYjY10hCXgDyZXVlvEDvNLGIAnP_zi)

Join Zoom Meeting

<https://us02web.zoom.us/j/82040959526?pwd=YjZKTS9ZZmg3WnpCRFFwTVdFenFLZz09>

Meeting ID: 820 4095 9526

Passcode: 969375

One tap mobile

+13462487799,,82040959526#,,,,*969375# US (Houston)

+16699009128,,82040959526#,,,,*969375# 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: 820 4095 9526

Passcode: 969375

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

Topic: FOUNDATIONS (2PM US EST)

Time: Mar 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/tZctdOGuqzwpG9H3W1fZwPXEPHM2e7OWa24e/ics?icsToken=98ty](https://us02web.zoom.us/meeting/tZctdOGuqzwpG9H3W1fZwPXEPHM2e7OWa24e/ics?icsToken=98tyKuGrrjgiHNGSsxiCRpwqAojCWe7wmGZeifp1zyi0BRpEUjvTBupvYLcoP-_R)

[KuGrrjgiHNGSsxiCRpwqAojCWe7wmGZeifp1zyi0BRpEUjvTBupvYLcoP-_R](https://us02web.zoom.us/meeting/tZctdOGuqzwpG9H3W1fZwPXEPHM2e7OWa24e/ics?icsToken=98tyKuGrrjgiHNGSsxiCRpwqAojCWe7wmGZeifp1zyi0BRpEUjvTBupvYLcoP-_R)

Join Zoom Meeting

<https://us02web.zoom.us/j/83038657315?pwd=MFpzR004R1pLYXlzT1labjNKb0JnQT09>

Meeting ID: 830 3865 7315

Passcode: 732604

One tap mobile

+16699009128,,83038657315#,,,,*732604# US (San Jose)

+12532158782,,83038657315#,,,,*732604# US (Tacoma)

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+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 830 3865 7315

Passcode: 732604

Find your local number: <https://us02web.zoom.us/j/kdC5Swlv5c>

Topic: FOUNDATIONS (8PM US EST)

Time: Mar 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/tZctce6oqD0jE9N5zt4Vpq9wQzcy_UBBUy9z/ics?icsToken=98tyKuGrrj0tGtKTuRCARpwqAo_oKPTwpiFEj_pzyQXxVxZDc1rhB_hBK41KMvrl

Join Zoom Meeting

<https://us02web.zoom.us/j/83067066997?pwd=c1VFYmhYcmM5NDVwWk1uZ1BzdXNZZz09>

Meeting ID: 830 6706 6997

Passcode: 377637

One tap mobile

+16699009128,,83067066997#,,,,*377637# US (San Jose)

+12532158782,,83067066997#,,,,*377637# US (Tacoma)

Dial by your location

+1 669 900 9128 US (San Jose)

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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: 830 6706 6997

Passcode: 377637

Find your local number: <https://us02web.zoom.us/j/kbC91A55wd>

Topic: STRETCHLETIC (3xWKLY)

Time: Mar 2, 2022 10:00 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/tZcvde-hrz0vH9X7PR9QlfpeyO8Esj7Zxnd/ics?icsToken=98tyKuGrrDksE9WTtRyGRpwqAljoM_PzmCFYgvplyy_XWhFFZBPzL80aF6F1R-LI

<https://us02web.zoom.us/j/83226916551?pwd=cXViNUdicVvYaFlpRTRUZTJxU1NKZz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/83226916551?pwd=cXViNUdicVvYaFlpRTRUZTJxU1NKZz09>

Meeting ID: 832 2691 6551

Passcode: 480692

One tap mobile

+12532158782,,83226916551#,,,,*480692# US (Tacoma)

+13462487799,,83226916551#,,,,*480692# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+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: 832 2691 6551

Passcode: 480692

Find your local number: <https://us02web.zoom.us/u/keb4W8AHW9>

Topic: STRETCHLETIC (TWICE WK)

Time: Mar 1, 2022 19:00 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/tZcqduyqrjksE9Rhu3rLA48JY4CLG9BfhFmY/ics?icsToken=98tyKuGrqTovGNSXthCHRpwqB4j4Z-rziHpdj_pvlAq2EQxyNlvcD7zHpUmMt7Y

Join Zoom Meeting

<https://us02web.zoom.us/j/83715202690?pwd=c1lkM1hvY0JnZm1qWIA3UXNJSzBTdz09>

Meeting ID: 837 1520 2690

Passcode: 484900

One tap mobile

+16699009128,,83715202690#,,,,*484900# US (San Jose)

+12532158782,,83715202690#,,,,*484900# US (Tacoma)

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+1 312 626 6799 US (Chicago)

Meeting ID: 837 1520 2690

Passcode: 484900

Find your local number: <https://us02web.zoom.us/j/83715202690>