



DAY1YOGA
MONTH ACCESS
APRIL 2022

Hello and thank you for registering!

Welcome to April 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 removal. 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/9387624>

Password: dosimpleshit

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



DIY



APRIL MEMBERSHIP CALENDAR

LEG DAY DRILLS

Saturdays starting April 2nd, 9am and 7pm US EST
(4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays April 1st at 9am, 1pm, or 7pm US EST
(12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting April 5th at 7am, 2pm, and 8PM US EST
(8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays April 1st at 10am US EST
(12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting April 5th at 7pm US EST
(8 meetings)

SKILLS

MWF starting April 1st, 8pm US EST
(12 classes)

Topic: LEG DAY DRILLS (9AM US EST)

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

Every week on Sat, 4 occurrence(s)

Apr 2, 2022 09:00

Apr 9, 2022 09:00

Apr 16, 2022 09:00

Apr 23, 2022 09:00

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

Weekly: [https://us02web.zoom.us/meeting/tZAKf-qsqjooHtNL8V-Wlwi1rdrndJMbrpOc/ics?icsToken=98tyKuGspzMpHtCUsh2ARpwlHYqgb-jwiH5BgrdzsEfTThd6dQqnJOZQPLZVPdrC](https://us02web.zoom.us/join/https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZAKf-qsqjooHtNL8V-Wlwi1rdrndJMbrpOc/ics?icsToken=98tyKuGspzMpHtCUsh2ARpwlHYqgb-jwiH5BgrdzsEfTThd6dQqnJOZQPLZVPdrC)

Join Zoom Meeting

<https://us02web.zoom.us/j/84983441247?pwd=M3dWSTZUVGgzT0xVM0tiTEZjMWMvZz09>

Meeting ID: 849 8344 1247

Passcode: 898225

One tap mobile

+12532158782,,84983441247#,,,,*898225# US (Tacoma)

+13462487799,,84983441247#,,,,*898225# 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: 849 8344 1247

Passcode: 898225

Find your local number: <https://us02web.zoom.us/u/keruG0HIoF>

Topic: LEG DAY DRILLS (7PM US EST)

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

Every week on Sat, 4 occurrence(s)

Apr 2, 2022 19:00

Apr 9, 2022 19:00

Apr 16, 2022 19:00

Apr 23, 2022 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZcqc--vpjwsGdQbAGnZ4TOMec4gUgR-GdXb/ics?icsToken=98tyKuGrqT8sHdySthqHRpwqB4-gM-3xiGZdjadsnj7CDRoHViz7E-EWNYd4lpX3](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZcqc--vpjwsGdQbAGnZ4TOMec4gUgR-GdXb/ics?icsToken=98tyKuGrqT8sHdySthqHRpwqB4-gM-3xiGZdjadsnj7CDRoHViz7E-EWNYd4lpX3)

Join Zoom Meeting

<https://us02web.zoom.us/j/83746787630?pwd=LzRQbi9tQk9lVmh6dVlRTUJjMFlwQT09>

Meeting ID: 837 4678 7630

Passcode: 972471

One tap mobile

+13462487799,,83746787630#,,,,*972471# US (Houston)

+16699009128,,83746787630#,,,,*972471# 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: 837 4678 7630

Passcode: 972471

Find your local number: <https://us02web.zoom.us/j/kdzD3mQ15R>

Topic: FOUNDATIONS (7AM US EST)

Time: Apr 5, 2022 07:00 Eastern Time (US and Canada)

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

Apr 5, 2022 07:00

Apr 7, 2022 07:00

Apr 12, 2022 07:00

Apr 14, 2022 07:00

Apr 19, 2022 07:00

Apr 21, 2022 07:00

Apr 26, 2022 07:00

Apr 28, 2022 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZwud-](https://us02web.zoom.us/meeting/tZwud-GorjlpHNa4uVcPIFBQzcV9PmorvniG/ics?icsToken=98tyKuGgrTsiGtScsx-FRpw-A4igWfTziFhego1cyArTABB6RCHHLOF0a4JyH8rG)

[GorjlpHNa4uVcPIFBQzcV9PmorvniG/ics?icsToken=98tyKuGgrTsiGtScsx-FRpw-A4igWfTziFhego1cyArTABB6RCHHLOF0a4JyH8rG](https://us02web.zoom.us/meeting/tZwud-GorjlpHNa4uVcPIFBQzcV9PmorvniG/ics?icsToken=98tyKuGgrTsiGtScsx-FRpw-A4igWfTziFhego1cyArTABB6RCHHLOF0a4JyH8rG)

Join Zoom Meeting

<https://us02web.zoom.us/j/88308009362?pwd=NTFvNXdQVFN3TTBZUTRONVNxemRqdz09>

Meeting ID: 883 0800 9362

Passcode: 900476

One tap mobile

+13462487799,,88308009362#,,,,*900476# US (Houston)

+16699009128,,88308009362#,,,,*900476# 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: 883 0800 9362

Passcode: 900476

Find your local number: <https://us02web.zoom.us/j/kAh7S2EZD>

Topic: FOUNDATIONS (2PM US EST)

Time: Apr 5, 2022 14:00 Eastern Time (US and Canada)

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

Apr 5, 2022 14:00

Apr 7, 2022 14:00

Apr 12, 2022 14:00

Apr 14, 2022 14:00

Apr 19, 2022 14:00

Apr 21, 2022 14:00

Apr 26, 2022 14:00

Apr 28, 2022 14:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZEtdO6vrzosG9O7qyhx59ApiglHxhAlxysL/ics?icsToken=98tyKuGtrjgtHdWUthiARpwMAojCKO3zmH5djfpyw78CzgGOyLmP-VrGqp3MfHI>

Join Zoom Meeting

<https://us02web.zoom.us/j/85037711617?pwd=c05lZWZGQ09EQitPZGpUUjd3c1hmdz09>

Meeting ID: 850 3771 1617

Passcode: 042600

One tap mobile

+16699009128,,85037711617#,,,,*042600# US (San Jose)

+12532158782,,85037711617#,,,,*042600# 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: 850 3771 1617

Passcode: 042600

Find your local number: <https://us02web.zoom.us/j/kbD7qkfCGN>

Topic: FOUNDATIONS (8PM US EST)

Time: Apr 5, 2022 20:00 Eastern Time (US and Canada)

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

Apr 5, 2022 20:00

Apr 7, 2022 20:00
Apr 12, 2022 20:00
Apr 14, 2022 20:00
Apr 19, 2022 20:00
Apr 21, 2022 20:00
Apr 26, 2022 20:00
Apr 28, 2022 20:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZYsdeurqjgtH91GvY7UY8O9LTLwoubeGc4B/ics?icsToken=98tyKuGqrzkoGdCWtxyORpwQBYjoa-nwiHZagvoMwncVBVqOiyvGtZOJb1qEt33>

Join Zoom Meeting

<https://us02web.zoom.us/j/82122343759?pwd=QzBZcU9iVG5od0FwbmxxVC91NUw0QT09>

Meeting ID: 821 2234 3759

Passcode: 356494

One tap mobile

+16699009128,,82122343759#,,,,*356494# US (San Jose)

+12532158782,,82122343759#,,,,*356494# 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: 821 2234 3759

Passcode: 356494

Find your local number: <https://us02web.zoom.us/u/ksdySHpv2>

Topic: STRETCHLETIC (2XWKLY)

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

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

Apr 5, 2022 19:00

Apr 7, 2022 19:00

Apr 12, 2022 19:00

Apr 14, 2022 19:00

Apr 19, 2022 19:00

Apr 21, 2022 19:00

Apr 26, 2022 19:00

Apr 28, 2022 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZwsfuqprT0pG9WNAyNT0YE_dxtv4TCGvHL/ics?icsToken=98tyKuGgrzlpG9eTxiGRpw-BYr4b-vztiFejfpqsj7cLRQDWybJMvpWJKQrJPv3

Join Zoom Meeting

<https://us02web.zoom.us/j/88193136311?pwd=R2pGNW1OVXBkYStMRlc4eVErVGwyZz09>

Meeting ID: 881 9313 6311

Passcode: 923292

One tap mobile

+13462487799,,88193136311#,,,,*923292# US (Houston)

+16699009128,,88193136311#,,,,*923292# 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: 881 9313 6311

Passcode: 923292

Find your local number: <https://us02web.zoom.us/j/88193136311?pwd=R2pGNW1OVXBkYStMRlc4eVErVGwyZz09>

Topic: STRETCHLETIC (3xWK)

Time: Apr 1, 2022 10:00 Eastern Time (US and Canada)

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

Apr 1, 2022 10:00

Apr 4, 2022 10:00

Apr 6, 2022 10:00

Apr 8, 2022 10:00

Apr 11, 2022 10:00

Apr 13, 2022 10:00

Apr 15, 2022 10:00

Apr 18, 2022 10:00

Apr 20, 2022 10:00

Apr 22, 2022 10:00

Apr 25, 2022 10:00

Apr 27, 2022 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZctc-](https://us02web.zoom.us/meeting/tZctc-CrrDloG9yy4rvJ7_BF0Husjr_Jylew/ics?icsToken=98tyKuGrrj8jGdacshiPRpwqAo-gXenzplhBjfpEhUv3FQoEXSHQZspXlbhtL_LJ)

[CrrDloG9yy4rvJ7_BF0Husjr_Jylew/ics?icsToken=98tyKuGrrj8jGdacshiPRpwqAo-gXenzplhBjfpEhUv3FQoEXSHQZspXlbhtL_LJ](https://us02web.zoom.us/meeting/tZctc-CrrDloG9yy4rvJ7_BF0Husjr_Jylew/ics?icsToken=98tyKuGrrj8jGdacshiPRpwqAo-gXenzplhBjfpEhUv3FQoEXSHQZspXlbhtL_LJ)

Join Zoom Meeting

<https://us02web.zoom.us/j/83049329218?pwd=aWszVmkza0Z2MjkybUdQdTNzd3VIUT09>

Meeting ID: 830 4932 9218

Passcode: 461955

One tap mobile

+16699009128,,83049329218#,,,,*461955# US (San Jose)

+12532158782,,83049329218#,,,,*461955# 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: 830 4932 9218

Passcode: 461955

Find your local number: <https://us02web.zoom.us/j/89001896271>

Topic: SKILLS

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

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

Apr 1, 2022 20:00

Apr 4, 2022 20:00

Apr 6, 2022 20:00

Apr 8, 2022 20:00

Apr 11, 2022 20:00

Apr 13, 2022 20:00

Apr 15, 2022 20:00

Apr 18, 2022 20:00

Apr 20, 2022 20:00

Apr 22, 2022 20:00

Apr 25, 2022 20:00

Apr 27, 2022 20:00

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

Weekly: [https://us02web.zoom.us/meeting/tZ0td-](https://us02web.zoom.us/meeting/tZ0td-igpz0oHdWRjleci0a3MVIvVgmhNyDq/ics?icsToken=98tyKuGhrjsrEt2Tsh6GRpx5Aoigd_zxmCFBgqdqrhXpBiNaMgKIG9RrJIR4HdD-)

[igpz0oHdWRjleci0a3MVIvVgmhNyDq/ics?icsToken=98tyKuGhrjsrEt2Tsh6GRpx5Aoigd_zxmCFBgqdqrhXpBiNaMgKIG9RrJIR4HdD-](https://us02web.zoom.us/meeting/tZ0td-igpz0oHdWRjleci0a3MVIvVgmhNyDq/ics?icsToken=98tyKuGhrjsrEt2Tsh6GRpx5Aoigd_zxmCFBgqdqrhXpBiNaMgKIG9RrJIR4HdD-)

Join Zoom Meeting

<https://us02web.zoom.us/j/89001896271?pwd=REZ5Z3N RVTY1V3FWYXYrcUFIL0tDQT09>

Meeting ID: 890 0189 6271

Passcode: 566524

One tap mobile

+12532158782,,89001896271#,,,,*566524# US (Tacoma)

+13462487799,,89001896271#,,,,*566524# 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: 890 0189 6271

Passcode: 566524

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

Topic: STRONGER TOGETHER (9am US EST)

Time: Apr 1, 2022 09:00 Eastern Time (US and Canada)

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

Apr 1, 2022 09:00

Apr 4, 2022 09:00

Apr 6, 2022 09:00

Apr 8, 2022 09:00

Apr 11, 2022 09:00

Apr 13, 2022 09:00

Apr 15, 2022 09:00

Apr 18, 2022 09:00

Apr 20, 2022 09:00

Apr 22, 2022 09:00

Apr 25, 2022 09:00

Apr 27, 2022 09:00

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

Weekly: [https://us02web.zoom.us/meeting/tZ0oce-](https://us02web.zoom.us/meeting/tZ0oce-vrj4qHNb2H23V6WW7IMXoAvjfWJsw/ics?icsToken=98tyKuGhqz0sHdSQsB-FRpx5GY_oM-3ziCVfgo1fzje3UBYFVTShOs96PZNpGt7n)

[vrj4qHNb2H23V6WW7IMXoAvjfWJsw/ics?icsToken=98tyKuGhqz0sHdSQsB-FRpx5GY_oM-](https://us02web.zoom.us/meeting/tZ0oce-vrj4qHNb2H23V6WW7IMXoAvjfWJsw/ics?icsToken=98tyKuGhqz0sHdSQsB-FRpx5GY_oM-3ziCVfgo1fzje3UBYFVTShOs96PZNpGt7n)

[3ziCVfgo1fzje3UBYFVTShOs96PZNpGt7n](https://us02web.zoom.us/meeting/tZ0oce-vrj4qHNb2H23V6WW7IMXoAvjfWJsw/ics?icsToken=98tyKuGhqz0sHdSQsB-FRpx5GY_oM-3ziCVfgo1fzje3UBYFVTShOs96PZNpGt7n)

Join Zoom Meeting

<https://us02web.zoom.us/j/89566705062?pwd=cHRGUUVPbmFlam83aHcvRmFEY3BnUT09>

Meeting ID: 895 6670 5062

Passcode: 076212

One tap mobile

+12532158782,,89566705062#,,,,*076212# US (Tacoma)

+13462487799,,89566705062#,,,,*076212# 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: 895 6670 5062

Passcode: 076212

Find your local number: <https://us02web.zoom.us/j/ks9xzZKl3>

Topic: STRONGER TOGETHER (1PM US EST)

Time: Apr 1, 2022 13:00 Eastern Time (US and Canada)

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

Apr 1, 2022 13:00

Apr 4, 2022 13:00

Apr 6, 2022 13:00

Apr 8, 2022 13:00

Apr 11, 2022 13:00

Apr 13, 2022 13:00

Apr 15, 2022 13:00

Apr 18, 2022 13:00

Apr 20, 2022 13:00

Apr 22, 2022 13:00

Apr 25, 2022 13:00

Apr 27, 2022 13:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZUode2pqjkgvGNyKw24JQxG1F0MdKQ7rBHTZ/ics?icsToken=98tyKuGpqzkuG9CXtRuPRpwcGYjoL0wviHpYjY1Etwi3VwpieiSnELJvNplOR8ry>

Join Zoom Meeting

<https://us02web.zoom.us/j/81524142528?pwd=WEpvM3dhWXpCRGt0ZHk4clZBRjZldz09>

Meeting ID: 815 2414 2528

Passcode: 142940

One tap mobile

+12532158782,,81524142528#,,,,*142940# US (Tacoma)

+13462487799,,81524142528#,,,,*142940# 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: 815 2414 2528

Passcode: 142940

Find your local number: <https://us02web.zoom.us/j/kdYk9c0ng>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Apr 1, 2022 18:00 Eastern Time (US and Canada)

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

Apr 1, 2022 18:00

Apr 4, 2022 18:00

Apr 6, 2022 18:00

Apr 8, 2022 18:00

Apr 11, 2022 18:00

Apr 13, 2022 18:00

Apr 15, 2022 18:00

Apr 18, 2022 18:00

Apr 20, 2022 18:00

Apr 22, 2022 18:00

Apr 25, 2022 18:00

Apr 27, 2022 18:00

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

Weekly: [https://us02web.zoom.us/meeting/tZEsd-](https://us02web.zoom.us/meeting/tZEsd-mhrjMqG92K1AUIUPrAIEnt7p6Fo2bj/ics?icsToken=98tyKuGtrzsqE9SdsBiORpwMBYigc_PziFxfjfoPt07ENglmUhHXH8dMBuVvRv7f)

[mhrjMqG92K1AUIUPrAIEnt7p6Fo2bj/ics?icsToken=98tyKuGtrzsqE9SdsBiORpwMBYigc_PziFxfjfoPt07ENglmUhHXH8dMBuVvRv7f](https://us02web.zoom.us/meeting/tZEsd-mhrjMqG92K1AUIUPrAIEnt7p6Fo2bj/ics?icsToken=98tyKuGtrzsqE9SdsBiORpwMBYigc_PziFxfjfoPt07ENglmUhHXH8dMBuVvRv7f)

Join Zoom Meeting

<https://us02web.zoom.us/j/85100908019?pwd=d09jeFE0NjFKUE94MGdPR1BreERNdz09>

Meeting ID: 851 0090 8019

Passcode: 511256

One tap mobile

+13462487799,,85100908019#,,,,*511256# US (Houston)

+16699009128,,85100908019#,,,,*511256# 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: 851 0090 8019

Passcode: 511256

Find your local number: <https://us02web.zoom.us/u/kcr6WujLxL>