



DAY1YOGA  
MONTH ACCESS  
MAY 2022

Hello and thank you for registering!

Welcome to MAY 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, talk 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/9463627>

**Password:** rescueismyfavoritebreed

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, three codes for Foundations, two codes for Leg Day Drills, and one for Skills, 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



## MAY MEMBERSHIP CALENDAR

### LEG DAY DRILLS

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

### STRONGER TOGETHER

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

### FOUNDATIONS

Tuesdays and Thursdays starting May 3<sup>rd</sup> at 7am, 2pm, and 8PM US EST  
(8 meetings)

### STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays May 2<sup>nd</sup> at 10am US EST  
(12 meetings)

### STRETCHLETIC 2x

Tuesdays and Thursdays starting May 3<sup>rd</sup> at 7pm US EST  
(8 meetings)

### SKILLS

MWF starting May 2<sup>nd</sup>, 8pm US EST  
(12 classes)

Topic: LEG DAY DRILLS (9AM US EST)

Time: May 7, 2022 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

May 7, 2022 09:00

May 14, 2022 09:00

May 21, 2022 09:00

May 28, 2022 09:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZctduGorz4jEtVFFjEvr2HzVhW\\_Tggrvhd/ics?icsToken=98tyKuGrrjoiGtWQuRGGRpwqAoj4WfTzmCVEj7drqjnDCQVFcFHeLNRKBY1LF9\\_C](https://us02web.zoom.us/meeting/tZctduGorz4jEtVFFjEvr2HzVhW_Tggrvhd/ics?icsToken=98tyKuGrrjoiGtWQuRGGRpwqAoj4WfTzmCVEj7drqjnDCQVFcFHeLNRKBY1LF9_C)

Join Zoom Meeting

<https://us02web.zoom.us/j/83018015981?pwd=R2VxWVNvdXlxaWtzchREU0JHRUR5UT09>

Meeting ID: 830 1801 5981

Passcode: 088760

One tap mobile

+13462487799,,83018015981#,,,,\*088760# US (Houston)

+16699009128,,83018015981#,,,,\*088760# 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: 830 1801 5981

Passcode: 088760

Find your local number: <https://us02web.zoom.us/u/kdlWJ0e4IF>

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

**Time: May 7, 2022 19:00 Eastern Time (US and Canada)**

Every day, 4 occurrence(s)

May 7, 2022 19:00

May 8, 2022 19:00

May 9, 2022 19:00

May 10, 2022 19:00

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

Daily:

<https://us02web.zoom.us/meeting/tZckfuiqrD8sGNVzjJukqdCWIU9HU4eSlolz/ics?icsToken=98tyKuGrpzlrGNarThuGRpwqHYr4d-rzpildjY1rhhXPfitCZiDBOtcGocrFevc>

Join Zoom Meeting

<https://us02web.zoom.us/j/83991224621?pwd=ZktoaXV0c1Ztd1hmUjgrQ1FVclFiQT09>

Meeting ID: 839 9122 4621

Passcode: 634289

One tap mobile

+13462487799,,83991224621#,,,,\*634289# US (Houston)

+16699009128,,83991224621#,,,,\*634289# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)  
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+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: 839 9122 4621

Passcode: 634289

Find your local number: <https://us02web.zoom.us/j/keob8tB1N5>

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Topic: FOUNDATIONS (7AM US EST)

Time: May 3, 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/tZlpd-](https://us02web.zoom.us/meeting/tZlpd-2qrTliHtGCTfHP9tD6KpTA299yLax1/ics?icsToken=98tyKuGuqjsuGNecuB2CRpwABoigLORztlhHgrd6vyvjKxAKdiegHfJ2E-AmSch8)

[2qrTliHtGCTfHP9tD6KpTA299yLax1/ics?icsToken=98tyKuGuqjsuGNecuB2CRpwABoigLORztlhHgrd6vyvjKxAKdiegHfJ2E-AmSch8](https://us02web.zoom.us/meeting/tZlpd-2qrTliHtGCTfHP9tD6KpTA299yLax1/ics?icsToken=98tyKuGuqjsuGNecuB2CRpwABoigLORztlhHgrd6vyvjKxAKdiegHfJ2E-AmSch8)

Join Zoom Meeting

<https://us02web.zoom.us/j/86404239845?pwd=SWxUcjdpWDVqK0dJS0lyUHBBZ0lOUT09>

Meeting ID: 864 0423 9845

Passcode: 647648

One tap mobile

+13462487799,,86404239845#,,,,\*647648# US (Houston)

+16699009128,,86404239845#,,,,\*647648# 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: 864 0423 9845

Passcode: 647648

Find your local number: <https://us02web.zoom.us/j/kimBYiU3T>

Topic: FOUNDATIONS (2PM US EST)

Time: May 3, 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/tZlqfumrpjMuG9QbY4xYzHU9-\\_DcKnUjI9js/ics?icsToken=98tyKuGuqTlqGdydtBiHRpwAB4r4c-nxiFxbjfpsniaxGxIJSjave91mMZlxJdLc](https://us02web.zoom.us/meeting/tZlqfumrpjMuG9QbY4xYzHU9-_DcKnUjI9js/ics?icsToken=98tyKuGuqTlqGdydtBiHRpwAB4r4c-nxiFxbjfpsniaxGxIJSjave91mMZlxJdLc)

Join Zoom Meeting

<https://us02web.zoom.us/j/86790388410?pwd=Q1NqSk9qZ3FOYWowb3BWeGdFUkpnZz09>

Meeting ID: 867 9038 8410

Passcode: 063357

One tap mobile

+12532158782,,86790388410#,,,,\*063357# US (Tacoma)

+13462487799,,86790388410#,,,,\*063357# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

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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: 867 9038 8410

Passcode: 063357

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

**Topic: FOUNDATIONS (8PM US EST)**

**Time: May 3, 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/tZUvdeqpqzggqHtVudRUBIFPGcH3H7QeZy3mE/ics?icsToken=98tyKuGprDkpG9GWsB2GRpwcAljob-vwmHZfgrdriRvXNgJ6RDPRNcoRGuVOFeLJ>

Join Zoom Meeting

<https://us02web.zoom.us/j/81223153041?pwd=NWdhY0tobDN6SWxzRTYwVnA3Nkdldz09>

Meeting ID: 812 2315 3041

Passcode: 363165

One tap mobile

+12532158782,,81223153041#,,,,\*363165# US (Tacoma)

+13462487799,,81223153041#,,,,\*363165# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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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: 812 2315 3041

Passcode: 363165

Find your local number: <https://us02web.zoom.us/j/kcPAYXp8fv>

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**Topic: STRETCHLETIC (2X WKLY)**

**Time: May 3, 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/tZlvd-qgrTwjEtB5NRovVkTR5tiT5KcY5wo\\_/ics?icsToken=98tyKuGurDspEteSuRGDRpwAAligb\\_zztmZEj7d\\_yTHXDDZlaTfEY\\_ZLBudUE-GF](https://us02web.zoom.us/meeting/tZlvd-qgrTwjEtB5NRovVkTR5tiT5KcY5wo_/ics?icsToken=98tyKuGurDspEteSuRGDRpwAAligb_zztmZEj7d_yTHXDDZlaTfEY_ZLBudUE-GF)

Join Zoom Meeting

<https://us02web.zoom.us/j/86203837984?pwd=bGVXSUF2ajJMdFlmVkdXY05TMmllZDZ09>

Meeting ID: 862 0383 7984

Passcode: 501633

One tap mobile

+16699009128,,86203837984#,,,,\*501633# US (San Jose)

+12532158782,,86203837984#,,,,\*501633# 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: 862 0383 7984

Passcode: 501633

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

**Topic: STRETCHLETIC (3X WKLY)**

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

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

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

Weekly:

<https://us02web.zoom.us/join/87368089106?pwd=c2htclBYdG9tQnFWQjR3R2lai9jdz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/87368089106?pwd=c2htclBYdG9tQnFWQjR3R2lai9jdz09>

Meeting ID: 873 6808 9106

Passcode: 419597

One tap mobile

+13462487799,,87368089106#,,,,\*419597# US (Houston)

+16699009128,,87368089106#,,,,\*419597# 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: 873 6808 9106

Passcode: 419597

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

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Topic: SKILLS

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

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

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

Weekly:

<https://us02web.zoom.us/join/88334901825?pwd=MGswZlFQ1bWJabkdqbWdjbVB5UHk2dz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/88334901825?pwd=MGswZlFQ1bWJabkdqbWdjbVB5UHk2dz09>

Meeting ID: 883 3490 1825

Passcode: 771518

One tap mobile

+12532158782,,88334901825#,,,,\*771518# US (Tacoma)

+13462487799,,88334901825#,,,,\*771518# US (Houston)

Dial by your location

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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: 883 3490 1825

Passcode: 771518

Find your local number: <https://us02web.zoom.us/j/84210341532>

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**Topic: STRONGER TOGETHER (9AM EST)**

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

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

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

Weekly:

<https://us02web.zoom.us/meeting/tZAvdumrjovGdYBgYp1K2YLb8yvpY9RKHSb/ics?icsToken=98tyKuGsrDoqGdCUtRqFRpwlAlj4c-nwiH5YjadkvhjcE3F4MDraNLpbJKJmSer7>

Join Zoom Meeting

<https://us02web.zoom.us/j/84210341532?pwd=Z0xQeGVsMGpKbmNJU3lPb2l1S2RSQT09>

Meeting ID: 842 1034 1532

Passcode: 118095

One tap mobile

+12532158782,,84210341532#,,,,\*118095# US (Tacoma)

+13462487799,,84210341532#,,,,\*118095# US (Houston)

Dial by your location

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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: 842 1034 1532

Passcode: 118095

Find your local number: <https://us02web.zoom.us/j/84210341532>

**Topic: STRONGER TOGETHER (1PM US EST)**

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

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

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

Weekly:

[https://us02web.zoom.us/meeting/tZludeCpQdosHtABZ4PFWJLVmZkTEGJV1e3k/ics?icsToken=98tyKuGurTkjG9KUth2DRpWAA4joXevwPn5dgrd8viWxMwZkSC\\_AO9hJBpdYOU6B](https://us02web.zoom.us/meeting/tZludeCpQdosHtABZ4PFWJLVmZkTEGJV1e3k/ics?icsToken=98tyKuGurTkjG9KUth2DRpWAA4joXevwPn5dgrd8viWxMwZkSC_AO9hJBpdYOU6B)



Join Zoom Meeting

<https://us02web.zoom.us/j/86329161644?pwd=bCszdHM2ZIM0ZUd2Mk91dXlYcWl0dz09>

Meeting ID: 863 2916 1644

Passcode: 814500

One tap mobile

+13462487799,,86329161644#,,,,\*814500# US (Houston)

+16699009128,,86329161644#,,,,\*814500# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

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+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: 863 2916 1644

Passcode: 814500

Find your local number: <https://us02web.zoom.us/u/kPxJ5vncC>

**Topic: STRONGER TOGETHER (7PM US EST)**

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

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

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

Weekly:

[https://us02web.zoom.us/meeting/tZwPdOygqD8uGtPNL9\\_Ih73Y0vPs\\_2QIFpgd/ics?icsToken=98tyKuGgqjgvEtKRtBmARpw-BojCZ\\_zwpilbjbdtjsjO8PALbNVDPZvRyIY0tldT2](https://us02web.zoom.us/meeting/tZwPdOygqD8uGtPNL9_Ih73Y0vPs_2QIFpgd/ics?icsToken=98tyKuGgqjgvEtKRtBmARpw-BojCZ_zwpilbjbdtjsjO8PALbNVDPZvRyIY0tldT2)

Join Zoom Meeting

<https://us02web.zoom.us/j/88435864407?pwd=N1MvUWZXWFIPanpoOXZ2dWdhK3JQQT09>

Meeting ID: 884 3586 4407

Passcode: 518642

One tap mobile

+12532158782,,88435864407#,,,,\*518642# US (Tacoma)

+13462487799,,88435864407#,,,,\*518642# US (Houston)

Dial by your location

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