



DAY1YOGA MONTH ACCESS

JULY 2022

Hello and thank you for registering!

Welcome to JULY and the DAY1YOGA Membership! For those returning for another month or as part of Summer Camp, 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 continue to 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 😊

Please do not share the folder 😊.

The link for the Members Showcase is:

Link: <https://vimeo.com/showcase/9621862>

Password: summer2022

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



JULY MEMBERSHIP CALENDAR

LEG DAY DRILLS

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

STRONGER TOGETHER

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

FOUNDATIONS

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

STRETCHLETIC 3x

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

STRETCHLETIC 2x

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

SKILLS

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

Topic: LEG DAY DRILLS (9AM US EST)

Time: Jul 2, 2022 16:00 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/tZEvdOyvpj0uHtlfSciqaCbYqvhSpS167P44/ics?icsToken=98tyKuGtrDgvHdyTtB2B RpwMAIjCZ-3xiCFbgrd0mizmCjFSQQHPJ_RKAaJMQY6H

Join Zoom Meeting <https://us02web.zoom.us/j/85235786446?pwd=8hVEDZewdHMZ33empzs-3PTUtwDyBO.1>

Meeting ID: 852 3578 6446

Passcode: 899889

One tap mobile +16699009128,,85235786446#,,,,*899889# US (San Jose)
+12532158782,,85235786446#,,,,*899889# 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: 852 3578 6446

Passcode: 899889

Find your local number: <https://us02web.zoom.us/j/kcK4kB3Jq5>

Topic: LEG DAY DRILLS (7PM US EST)

Time: Jul 2, 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/tZ0rdumpqDwqHte5YvxFOvQGaKI54p0BZD4x/ics?icsToken=98tyKuGhqDoqG9K SsB2ERpx5Blj4c-vwpmZfgrdYySbzGwZ8dDLRN8lrZ-ZvQPrq>

Join Zoom Meeting https://us02web.zoom.us/j/89610167043?pwd=p1o-_R5yikAncfJF1sGCzWqgxEJagS.1

Meeting ID: 896 1016 7043

Passcode: 695654

One tap mobile +12532158782,,89610167043#,,,,*695654# US (Tacoma)
+13462487799,,89610167043#,,,,*695654# 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: 896 1016 7043

Passcode: 695654

Find your local number: <https://us02web.zoom.us/j/kfUw8oxis>

Topic: FOUNDATIONS (7AM US EST)
Time: Jul 5, 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/tZEkf-iqqDwuGNO3tJGDYeawLtYowwc0V9b2/ics?icsToken=98tyKuGtpzMrGNKStBuARpwMHYqgd-rwpmZbjY1yzwvPJARqZwLhGvZ7PaRoE4jm>

Join Zoom Meeting https://us02web.zoom.us/j/85981267427?pwd=IDr_1yycEosbggtZQxkEWOObETWxQJB.1

Meeting ID: 859 8126 7427
Passcode: 069990
One tap mobile +13462487799,,85981267427#,,,,*069990# US (Houston)
+16699009128,,85981267427#,,,,*069990# 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: 859 8126 7427
Passcode: 069990
Find your local number: <https://us02web.zoom.us/u/kfVMxWIDw>

Topic: FOUNDATIONS (2PM US EST)
Time: Jul 5, 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/tZUIId-2vrDgjHtl7Z7_E0hRGFfmRZy199LTx/ics?icsToken=98tyKuGppjsuHdaWuR2BRpwcGoigLO3zpnZEgrd0yyWyPAUDajHREORPAIhmQYGJ

Join Zoom Meeting https://us02web.zoom.us/j/81804723946?pwd=oyOcQaycdyW5jbOYLu_smK4W_sdhsr.1

Meeting ID: 818 0472 3946
Passcode: 065894
One tap mobile +16699009128,,81804723946#,,,,*065894# US (San Jose)
+12532158782,,81804723946#,,,,*065894# 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: 818 0472 3946
Passcode: 065894
Find your local number: <https://us02web.zoom.us/j/81804723946>

Topic: FOUNDATIONS (8PM US EST)
Time: Jul 5, 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/tZclfuurT8oH9UhxIZXBfpDT6mGT7YZ5e-i/ics?icsToken=98tyKuGrpjl0HNeRshyGRpwqGor4a-7ztilBgypolAfMORhxZBPSArPPFYyoKeKF>

Join Zoom Meeting <https://us02web.zoom.us/j/83892634251?pwd=fWn4RuCTKL6Z-1MFYw7qC8ECK5jO0D.1>

Meeting ID: 838 9263 4251
Passcode: 585707
One tap mobile +12532158782,,83892634251#,,,,*585707# US (Tacoma)
+13462487799,,83892634251#,,,,*585707# 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: 838 9263 4251
Passcode: 585707
Find your local number: <https://us02web.zoom.us/j/83892634251>

Topic: STRETCHLETIC (2XWKLY)
Time: Jul 5, 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/tZ0ucO2pqT4jGNRLdlNdWy1RgKDb71KdJwID/ics?icsToken=98tyKuGhrTwwG9OQuRuHRpx5A4_CLOwvtiVEjY1vsBvpLSRke1LEMclmMOUuO9z6

Join Zoom Meeting https://us02web.zoom.us/j/89374175920?pwd=JSxx3yhTRdeDMidN_L1LR9-vZmNnm.1

Meeting ID: 893 7417 5920
Passcode: 314316
One tap mobile +16699009128,,89374175920#,,,,*314316# US (San Jose)
+12532158782,,89374175920#,,,,*314316# US (Tacoma)

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+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: 893 7417 5920
Passcode: 314316
Find your local number: <https://us02web.zoom.us/j/89374175920?pwd=Zm5kZDZBbLrAPB-JZSfD6>

Topic: STRETCHLETIC (3XWKLY)
Time: Jul 1, 2022 10:00 Eastern Time (US and Canada)

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

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZwpc-uuqjooE9GzCXo7mfrMx2-U0F9HJykD/ics?icsToken=98tyKuGgqj8oHNCUshCCRpw-Bo-ga-7wiH5Bj_p6hjzdDHdeZBHbLrAPB-JZSfD6

Join Zoom Meeting <https://us02web.zoom.us/j/88442641295?pwd=rQdVjrP2k0wt1tUVB3Cv9NvUAM5Dmz.1>

Meeting ID: 884 4264 1295
Passcode: 119103
One tap mobile +13462487799,,88442641295#,,,,*119103# US (Houston)
+16699009128,,88442641295#,,,,*119103# 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: 884 4264 1295
Passcode: 119103
Find your local number: <https://us02web.zoom.us/j/88442641295?pwd=rQdVjrP2k0wt1tUVB3Cv9NvUAM5Dmz.1>

Topic: SKILLS
Time: Jul 1, 2022 20:00 Eastern Time (US and Canada)

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

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

Weekly: <https://us02web.zoom.us/meeting/tZAtf-CvrToqEtlXZNqYz8POGW6JzlFDpLrc/ics?icsToken=98tyKuGsrjMjHdeUsBGBRpwIAoqgXe3ztn5fj7d0pCXLEhJJOjPZE dUUGKhWNvzA>

CvrToqEtlXZNqYz8POGW6JzlFDpLrc/ics?icsToken=98tyKuGsrjMjHdeUsBGBRpwIAoqgXe3ztn5fj7d0pCXLEhJJOjPZE dUUGKhWNvzA

Join Zoom Meeting <https://us02web.zoom.us/j/84089731086?pwd=G8Q7sKiMyPDIqMtClCyDF2b7WQjREb.1>

Meeting ID: 840 8973 1086

Passcode: 342303

One tap mobile +12532158782,,84089731086#,,,,*342303# US (Tacoma)

+13462487799,,84089731086#,,,,*342303# 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: 840 8973 1086

Passcode: 342303

Find your local number: <https://us02web.zoom.us/u/kGC2b9MBW>

Topic: **STRONGER TOGETHER (9am US EST)**

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

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

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

Weekly:

https://us02web.zoom.us/meeting/tZYucumqqz0qGN2a9v6n63wRbfrPk7fsbuhT/ics?icsToken=98tyKuGqrT4qGNGTsBuORpwQA4_4c-rwmCFfjY0PnUbzVS4FMRTENORQArkoFsvS

BuORpwQA4_4c-rwmCFfjY0PnUbzVS4FMRTENORQArkoFsvS

Join Zoom Meeting

<https://us02web.zoom.us/j/82350256029?pwd=AYO3ul-kghvxbAQRcpDKScLZe1vr4q.1>

Meeting ID: 823 5025 6029

Passcode: 222365

One tap mobile +12532158782,,82350256029#,,,,*222365# US (Tacoma)

+13462487799,,82350256029#,,,,*222365# 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: 823 5025 6029
Passcode: 222365
Find your local number: <https://us02web.zoom.us/j/keoDCPEyQd>

Topic: STRONGER TOGETHER (1PM US EST)
Time: Jul 1, 2022 13:00 Eastern Time (US and Canada)

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

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZAlD--tpzgjG9wdS5R1ZbGVbCMmN4-u2JpJ/ics?icsToken=98tyKuGspjssH92WuRiPRpwlGoigM-_xmHZEjfpKmCywMXFpYCTANMFvP5wrXc2C

Join Zoom Meeting <https://us02web.zoom.us/j/84806593918?pwd=Tmg8f4D9bIQPpIXyVonn3o1tuQ-pd3.1>

Meeting ID: 848 0659 3918
Passcode: 742868
One tap mobile +16699009128,,84806593918#,,,,*742868# US (San Jose)
+12532158782,,84806593918#,,,,*742868# US (Tacoma)

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+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: 848 0659 3918
Passcode: 742868
Find your local number: <https://us02web.zoom.us/j/kcxCWCVdj0>

Topic: STRONGER TOGETHER (7PM US EST)
Time: Jul 1, 2022 19:00 Eastern Time (US and Canada)

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

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZLocuqoqjwrH9xbl1iiXPpruxTjwib4gWQt/ics?icsToken=98tyKuGuqz4pGtCSsRyPRpwAGY_4b_TwiGZcgvpFnhO0CilrUHPkl_p2OKV2EozX

Join Zoom Meeting <https://us02web.zoom.us/j/86553047158?pwd=ABCIPsi2cHL3oyTqFrGOarHxRCsaFt.1>

Meeting ID: 865 5304 7158
Passcode: 160458
One tap mobile +16699009128,,86553047158#,,,,*160458# US (San Jose)
+12532158782,,86553047158#,,,,*160458# US (Tacoma)

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Meeting ID: 865 5304 7158

Passcode: 160458

Find your local number: <https://us02web.zoom.us/j/86553047158>