



DAY1YOGA MONTH ACCESS: AUGUST 2022

Hello and thank you for registering!

Welcome to AUGUST 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.

Please note a couple of schedule changes new this month: 1. WE HAVE A NEW SKILLS CLASS ADDED TO THE SCHEDULE! This class will be Tuesdays, Thursdays, & Saturdays and will be suitable for the UK & European Time zone, who have been missing out on the LIVE classes! Please see the times below. 2. Also note that there will only be one LEG DAY DRILLS class on Saturday.

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.

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*

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/9694937> Password: thereisnospoon



AUGUST MEMBERSHIP CALENDAR

LEG DAY DRILLS

Saturdays starting August 6th, 9am US EST (4 meetings)

STRONGER TOGETHER

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

FOUNDATIONS

Tuesdays and Thursdays starting August 2nd at 7am, or 2pm, and 8PM US EST (8 meetings)

STRETCHLETIC 3x

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

STRETCHLETIC 2x

Tuesdays and Thursdays starting August 2nd at 7pm US EST (8 meetings)

SKILLS

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

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting August 2nd at 8am US EST

Topic: LEG DAY DRILLS

Time: Aug 6, 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/tZwofu2rqjlvG9PONmHKc-0Q9Mc_RHpOZ0qm/ics?icsToken=98tyKuGgqzluGdCctRiARpw-GYr4LONwiFhYjfptszHoKwtQLyzHb89BDYBXAPfg

Join Zoom Meeting

<https://us02web.zoom.us/j/88594349517?pwd=eHJUL3FmTVhpVHdwYjZFSlpEdm5Xdz09>

Meeting ID: 885 9434 9517

Passcode: 328390

One tap mobile

+16699009128,,88594349517#,,,,*328390# US (San Jose)

+12532158782,,88594349517#,,,,*328390# 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)

+1 669 444 9171 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

Meeting ID: 885 9434 9517

Passcode: 328390

Find your local number: <https://us02web.zoom.us/u/kb4osEClva>

Topic: FOUNDATIONS (7am US EST)

Time: Aug 2, 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/tZMsduCopz0uH9M8gVuTElt-iU5_XPyXwNr1/ics?icsToken=98tyKuGvrzojGt2TtByARpwEBYj4XftXmCFbgvpxwBjTFhR2The7PNcXDYpPCeDH

Join Zoom Meeting

<https://us02web.zoom.us/j/87119096457?pwd=aHB5eXpiQjNSZloxUnJmN0plajNBUT09>

Meeting ID: 871 1909 6457

Passcode: 430637

One tap mobile

+16699009128,,87119096457#,,,,*430637# US (San Jose)

+12532158782,,87119096457#,,,,*430637# US (Tacoma)

Dial by your location

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+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

Meeting ID: 871 1909 6457

Passcode: 430637

Find your local number: <https://us02web.zoom.us/j/kes0LjlrQm>

Topic: FOUNDATIONS (2PM US EST)

Time: Aug 2, 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/tZYrcOiqrDloG9KWgCnwoLBMEu1NM2sUbuz/ics?icsToken=98tyKuGqqDwrGNacshiBRpwQBI_Cd-rzplhBifp2qxiGDTdcbS_UG8dXY5xSQsvl

Join Zoom Meeting

<https://us02web.zoom.us/j/82671229216?pwd=djZnRFRIRnNQalEzMkg5VG9JOVEzQT09>

Meeting ID: 826 7122 9216

Passcode: 305306

One tap mobile

+12532158782,,82671229216#,,,,*305306# US (Tacoma)

+13462487799,,82671229216#,,,,*305306# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

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+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 826 7122 9216
Passcode: 305306
Find your local number: <https://us02web.zoom.us/j/kcGNyuyUr>

Topic: FOUNDATIONS (8PM US EST)
Time: Aug 2, 2022 20:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

Aug 25, 2022 20:00

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

Weekly:

https://us02web.zoom.us/meeting/tZMkcO6hpzljH9OpJhIcK4qEA34VA4nxAQ6f/ics?icsToken=98tyKuGvpzwtE92cuRyARpwEHY_CKPPxmFhEgvpvjDXtDwNYNhLTF7EWBJMrHsDx

Join Zoom Meeting

<https://us02web.zoom.us/j/87977999957?pwd=Rk9zUVBMS3BRQVR3bVZnSllLbzFQZz09>

Meeting ID: 879 7799 9957
Passcode: 019399
One tap mobile
+16699009128,,87977999957#,,,,*019399# US (San Jose)
+12532158782,,87977999957#,,,,*019399# US (Tacoma)

Dial by your location

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- +1 386 347 5053 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 301 715 8592 US (Washington DC)

Meeting ID: 879 7799 9957
Passcode: 019399
Find your local number: <https://us02web.zoom.us/j/keDeZqH7Fa>

Topic: STRETCHLETIC (2xWK)
Time: Aug 2, 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/tZYkdu2hrzMpHNPEoqytfMqCySIVFars48-B/ics?icsToken=98tyKuGqpzouE9Wdsx-ARpwQHYj4LPPzmFxego1tuRD0GjRVTxLVL9FOBJReAsuE>

Join Zoom Meeting

<https://us02web.zoom.us/j/82914918367?pwd=ZIN1NHBT2JsMGszV0dqYXpzWm5nQT09>

Meeting ID: 829 1491 8367

Passcode: 640702

One tap mobile

+13462487799,,82914918367#,,,,*640702# US (Houston)

+16694449171,,82914918367#,,,,*640702# US

Dial by your location

+1 346 248 7799 US (Houston)

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+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 829 1491 8367

Passcode: 640702

Find your local number: <https://us02web.zoom.us/u/kb4jyn5QXV>

Topic: STRETCHLETIC (3xWK)

Time: Aug 1, 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/meeting/tZUfuirrDkpGdwBczoOk-L26CVbYeuMQrEj/ics?icsToken=98tyKuGprjlrGdaXsqPRpwcAor4d-nzpnpejadKvhz_DA9YLy-kYMFOMIt6BfXh

Join Zoom Meeting

<https://us02web.zoom.us/j/81091322338?pwd=a1dBbkJhRVVHVWVpUFRVUnpzN3Z0dz09>

Meeting ID: 810 9132 2338

Passcode: 411676

One tap mobile

+16694449171,,81091322338#,,,,*411676# US

+16699009128,,81091322338#,,,,*411676# US (San Jose)

Dial by your location

+1 669 444 9171 US

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+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)

Meeting ID: 810 9132 2338

Passcode: 411676

Find your local number: <https://us02web.zoom.us/j/81091322338>

Topic: SKILLS

Time: Aug 1, 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/meeting/tZ0rdOirpMjE9JrWl6oMlfqIC2oG2vnGS8h/ics?icsToken=98tyKuGhqDgrGdyduRCBRpx5BljCd-nxiFxEj_p3jijMVS9-bgXnH8EQPZUtBtb3

Join Zoom Meeting

<https://us02web.zoom.us/j/89631388996?pwd=cUJtdEdkbitUUzZ2aFE4eU91VDdSOT09>

Meeting ID: 896 3138 8996

Passcode: 548167

One tap mobile

+12532158782,,89631388996#,,,,*548167# US (Tacoma)

+13462487799,,89631388996#,,,,*548167# US (Houston)

Dial by your location

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+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 896 3138 8996

Passcode: 548167

Find your local number: <https://us02web.zoom.us/j/89631388996>

Topic: SKILLS PLUS+

Time: Aug 2, 2022 08:00 Eastern Time (US and Canada)

Every week on Tue, Thu, Sat, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZUvcOCrqz0jE9SoQh6swRrkTcPORQGTd6j1/ics?icsToken=98tyKuGprDwjGdGTuRCHRpwcAl_CXenwmCFEj_puky7tVTNEUBH9AuFyHYBON-zU

Join Zoom Meeting

<https://us02web.zoom.us/j/81279356990?pwd=ck92YTZPamVoUjFkNUhiQUlnQm9zdz09>

Meeting ID: 812 7935 6990

Passcode: 368472

One tap mobile

+16694449171,,81279356990#,,,,*368472# US

+16699009128,,81279356990#,,,,*368472# US (San Jose)

Dial by your location

+1 669 444 9171 US

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+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

+1 564 217 2000 US

Meeting ID: 812 7935 6990

Passcode: 368472

Find your local number: <https://us02web.zoom.us/j/81279356990?pwd=ck92YTZPamVoUjFkNUhiQUlnQm9zdz09>

Topic: STRONGER TOGETHER (9am EST)

Time: Aug 1, 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/tZEtdOivqT4qGN2ErVDyahgdNG7VXVpWYO7F/ics?icsToken=98tyKuGtrjgrHdOQsBuORpwMAojCd-3wtiVfjY0PuQ3TJzISagTyGMUVBlpJAO_p

Join Zoom Meeting

<https://us02web.zoom.us/j/85031775029?pwd=TGRoOTgrWmk1MHd4b0xqUVJKMEpkdz09>

Meeting ID: 850 3177 5029

Passcode: 442181

One tap mobile

+16699009128,,85031775029#,,,,*442181# US (San Jose)

+12532158782,,85031775029#,,,,*442181# US (Tacoma)

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+1 386 347 5053 US

+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)

Meeting ID: 850 3177 5029

Passcode: 442181

Find your local number: <https://us02web.zoom.us/j/85031775029>

Topic: STRONGER TOGETHER (1PM EST)

Time: Aug 1, 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/tZMucO2opzwiGdSnEJntP3YVW_zPIREDFqcG/ics?icsToken=98tyKuGvrTwuGt2SuRqHRpwEA4_CLPTxmGZEjadukirPDTRjMTrAAN1YAr5NNfz2

Join Zoom Meeting

<https://us02web.zoom.us/j/87374097930?pwd=VkJxTWRNak9xVFJabTlKWUovR011Zz09>

Meeting ID: 873 7409 7930

Passcode: 716753

One tap mobile

+16694449171,,87374097930#,,,,*716753# US

+16699009128,,87374097930#,,,,*716753# US (San Jose)

Dial by your location

+1 669 444 9171 US
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+1 386 347 5053 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US

Meeting ID: 873 7409 7930

Passcode: 716753

Find your local number: <https://us02web.zoom.us/j/87374097930>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Aug 1, 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/tZ0ucOutrTMvGdHjIkby35pIAs6LMu3L91GJ/ics?icsToken=98tyKuGhrTwoH9edtRqCRpx5A4_Ca-ztlxYjad1ljbUARKANxPff_EUHp9qQ_SJ

Join Zoom Meeting

<https://us02web.zoom.us/j/89372538535?pwd=RzJCUWtXRnMvYlVJMlVMTVMc1JZcEhIUT09>

Meeting ID: 893 7253 8535

Passcode: 679537

One tap mobile

+13462487799,,89372538535#,,,,*679537# US (Houston)

+16694449171,,89372538535#,,,,*679537# US

Dial by your location

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+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 893 7253 8535

Passcode: 679537

Find your local number: <https://us02web.zoom.us/j/kc9WI7ukgD>