



FOUNDATIONS AUGUST 2022

CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

If you are to miss a class and would like to request the recording, please email assist.day1yoga@gmail.com with the NAME and DATE of the class being requested in the subject line. The recording is available for 24hrs. 😊

Topic: FOUNDATIONS (7am US EST)

Time: Aug 2, 2022 07:00 Eastern Time (US and Canada)

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

Aug 2, 2022 07:00

Aug 4, 2022 07:00

Aug 9, 2022 07:00

Aug 11, 2022 07:00

Aug 16, 2022 07:00

Aug 18, 2022 07:00

Aug 23, 2022 07:00

Aug 25, 2022 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMsduCopz0uH9M8gVuTElt-](https://us02web.zoom.us/meeting/tZMsduCopz0uH9M8gVuTElt-jU5_XPyXwNr1/ics?icsToken=98tyKuGvrzozjGt2TtByARpwEBYj4XfTxmCFbgvpwxBjTFhR2The7PNcXDYpPCeDH)

[jU5_XPyXwNr1/ics?icsToken=98tyKuGvrzozjGt2TtByARpwEBYj4XfTxmCFbgvpwxBjTFhR2The7PNcXDYpPCeDH](https://us02web.zoom.us/meeting/tZMsduCopz0uH9M8gVuTElt-jU5_XPyXwNr1/ics?icsToken=98tyKuGvrzozjGt2TtByARpwEBYj4XfTxmCFbgvpwxBjTFhR2The7PNcXDYpPCeDH)

Join Zoom Meeting

<https://us02web.zoom.us/j/87119096457?pwd=aHB5eXpjQjNSZloxUnJmN0pJajNBUT09>

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

+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: 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)

Aug 2, 2022 14:00

Aug 4, 2022 14:00

Aug 9, 2022 14:00

Aug 11, 2022 14:00

Aug 16, 2022 14:00

Aug 18, 2022 14:00

Aug 23, 2022 14:00

Aug 25, 2022 14:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYrcOiqrDloG9KWgCnwoLBMEu1NM2sUbuz/ics?icsToken=98tyKuGqqDwrGNacshiBRpwQBI_Cd-rzplhBjfp2qxjGDTdcbS_UG8dXY5xSQsvl

Join Zoom Meeting

<https://us02web.zoom.us/j/82671229216?pwd=djZnRFRIbnNQalEzMkg5VG9JOVEzQT09>

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)

+1 346 248 7799 US (Houston)

+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/kcGNyuyumUr>

Day Christensen is inviting you to a scheduled Zoom meeting.

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 2, 2022 20:00

Aug 4, 2022 20:00

Aug 9, 2022 20:00

Aug 11, 2022 20:00

Aug 16, 2022 20:00

Aug 18, 2022 20:00

Aug 23, 2022 20:00

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_CKPPxmFhEgvpjDXtDwNYNhLTF7EWBJMrHsDx

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

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 312 626 6799 US (Chicago)

+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>