



Thanks for registering! Please make sure to sign into class 5 mins prior to start time and have a mat, two blocks and a towel.

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: SKILLS

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

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

Aug 1, 2022 20:00

Aug 3, 2022 20:00

Aug 5, 2022 20:00

Aug 8, 2022 20:00

Aug 10, 2022 20:00

Aug 12, 2022 20:00

Aug 15, 2022 20:00

Aug 17, 2022 20:00

Aug 19, 2022 20:00

Aug 22, 2022 20:00

Aug 24, 2022 20:00

Aug 26, 2022 20:00

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

Weekly: https://us02web.zoom.us/meeting/tz0rd0irpjMjE9JrWl6oMlfqIC2oG2vnGS8h/ics?icsToken=98tyKuGhqDgrGdyduRCBRpx5BljCd-nxiFxEj_p3jjiMVS9-bgXnH8EQPZUtBtb3

Join Zoom Meeting

<https://us02web.zoom.us/j/89631388996?pwd=cUJtdEdkbitUUzZ2aFE4eU91VDdSQT09>

Meeting ID: 896 3138 8996

Passcode: 548167

One tap mobile

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

+13462487799,,89631388996#,,,,*548167# 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: 896 3138 8996

Passcode: 548167

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