



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

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

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

Aug 2, 2022 08:00

Aug 4, 2022 08:00

Aug 6, 2022 08:00

Aug 9, 2022 08:00

Aug 11, 2022 08:00

Aug 13, 2022 08:00

Aug 16, 2022 08:00

Aug 18, 2022 08:00

Aug 20, 2022 08:00

Aug 23, 2022 08:00

Aug 25, 2022 08:00

Aug 27, 2022 08:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZUvcOCrQz0jE9SoQh6swRrkTcPORQGTd6j1/ics?icsToken=98tyKuGprDwjGdGTuRCHRpwAl\\_CXenwmcFEj\\_puky7tVTNEUBH9AuFyHYBON-zU](https://us02web.zoom.us/meeting/tZUvcOCrQz0jE9SoQh6swRrkTcPORQGTd6j1/ics?icsToken=98tyKuGprDwjGdGTuRCHRpwAl_CXenwmcFEj_puky7tVTNEUBH9AuFyHYBON-zU)

Join Zoom Meeting

<https://us02web.zoom.us/j/81279356990?pwd=ck92YTZPamVoUjFkNUhiQUNqQi9zdz09>

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

+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)

+1 646 931 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>