



AUGUST 2022: STRETCHLETIC—3 TIMES A WEEK

Please make sure to have a mat, two blocks and a yoga 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: STRETCHLETIC (3xWK)

Time: Aug 1, 2022 10:00 Eastern Time (US and Canada)

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

Aug 1, 2022 10:00

Aug 3, 2022 10:00

Aug 5, 2022 10:00

Aug 8, 2022 10:00

Aug 10, 2022 10:00

Aug 12, 2022 10:00

Aug 15, 2022 10:00

Aug 17, 2022 10:00

Aug 19, 2022 10:00

Aug 22, 2022 10:00

Aug 24, 2022 10:00

Aug 26, 2022 10:00

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

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

Dial by your location

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+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+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: 810 9132 2338

Passcode: 411676

Find your local number: <https://us02web.zoom.us/u/kDh7ZuWCb>