

## AUGUST STRETCHLETIC—TWICE A WEEK

Day Christensen is inviting you to a scheduled Zoom meeting. 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](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.

Topic: STRETCHLETIC (2xWK)

Time: Aug 2, 2022 19:00 Eastern Time (US and Canada)

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

Aug 2, 2022 19:00

Aug 4, 2022 19:00

Aug 9, 2022 19:00

Aug 11, 2022 19:00

Aug 16, 2022 19:00

Aug 18, 2022 19:00

Aug 23, 2022 19:00

Aug 25, 2022 19:00

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

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

Dial by your location

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+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+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

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