



STRONGER TOGETHER

All 3 class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: STRONGER TOGETHER (9am EST)

Time: Aug 1, 2022 09:00 Eastern Time (US and Canada)

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

Aug 1, 2022 09:00

Aug 3, 2022 09:00

Aug 5, 2022 09:00

Aug 8, 2022 09:00

Aug 10, 2022 09:00

Aug 12, 2022 09:00

Aug 15, 2022 09:00

Aug 17, 2022 09:00

Aug 19, 2022 09:00

Aug 22, 2022 09:00

Aug 24, 2022 09:00

Aug 26, 2022 09:00

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

Weekly:

https://us02web.zoom.us/meeting/tZEtdOivqT4qGN2ErVDyahgdNG7VXVpWYO7F/ics?icsToken=98tyKuGtrjgrHdOQsBuORpwMAojCd-3wtiVfjY0PuQ3TJzIzSagTyGMUVBIPJAO_p

Join Zoom Meeting

<https://us02web.zoom.us/j/85031775029?pwd=TGRoOTgrWmk1MHd4b0xqUVJKMEpkdz09>

Meeting ID: 850 3177 5029

Passcode: 442181

One tap mobile

+16699009128,,85031775029#,,,,*442181# US (San Jose)

+12532158782,,85031775029#,,,,*442181# 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: 850 3177 5029

Passcode: 442181

Find your local number: <https://us02web.zoom.us/j/kbzS7S1utn>

Topic: STRONGER TOGETHER (1PM EST)

Time: Aug 1, 2022 13:00 Eastern Time (US and Canada)

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

Aug 1, 2022 13:00

Aug 3, 2022 13:00

Aug 5, 2022 13:00

Aug 8, 2022 13:00

Aug 10, 2022 13:00

Aug 12, 2022 13:00

Aug 15, 2022 13:00

Aug 17, 2022 13:00

Aug 19, 2022 13:00

Aug 22, 2022 13:00

Aug 24, 2022 13:00

Aug 26, 2022 13:00

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

Weekly:

https://us02web.zoom.us/meeting/tzMucO2opzWjGdSnEJntP3YVV_zPIREDFqcG/ics?icsToken=98tyKuGvrTwuGt2SuRqHRpwEA4_CLPTxmGZEjadukjrPDTRjMTrAAN1YAr5NNfz2

Join Zoom Meeting

<https://us02web.zoom.us/j/87374097930?pwd=VkJxTWRNak9xVFJabTIKWUovR011Zz09>

Meeting ID: 873 7409 7930

Passcode: 716753

One tap mobile

+16694449171,,87374097930#,,,,*716753# US

+16699009128,,87374097930#,,,,*716753# 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)
+1 301 715 8592 US (Washington DC)
+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

Meeting ID: 873 7409 7930

Passcode: 716753

Find your local number: <https://us02web.zoom.us/j/87374097930>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Aug 1, 2022 19:00 Eastern Time (US and Canada)

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

Aug 1, 2022 19:00

Aug 3, 2022 19:00

Aug 5, 2022 19:00

Aug 8, 2022 19:00

Aug 10, 2022 19:00

Aug 12, 2022 19:00

Aug 15, 2022 19:00

Aug 17, 2022 19:00

Aug 19, 2022 19:00

Aug 22, 2022 19:00

Aug 24, 2022 19:00

Aug 26, 2022 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZ0ucOtrTMvGdHjIkbY35pIAs6LMu3L91GJ/ics?icsToken=98tyKuGhrTwoH9edtRqCRpx5A4_Ca-_ztlxYjad1jbuARKANxPff_EUHp9qQ_SJ

Join Zoom Meeting

<https://us02web.zoom.us/j/89372538535?pwd=RzJCUWtXRnMvYlVJMTVMc1JZcEhlUT09>

Meeting ID: 893 7253 8535

Passcode: 679537

One tap mobile

+13462487799,,89372538535#,,,,*679537# US (Houston)

+16694449171,,89372538535#,,,,*679537# US

Dial by your location

+1 346 248 7799 US (Houston)

+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

+1 646 558 8656 US (New York)

Meeting ID: 893 7253 8535

Passcode: 679537

Find your local number: <https://us02web.zoom.us/j/kc9WI7ukgD>