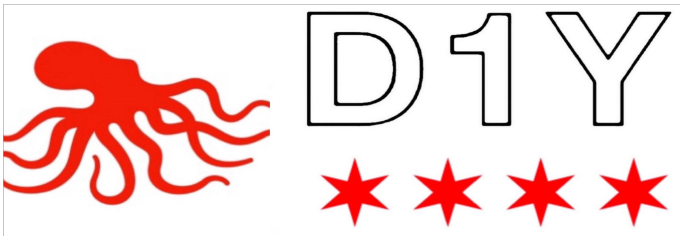

FOUNDATIONS SEPTEMBER 2022

CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

PLEASE READ:

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: FOUNDATIONS (7am US EST)
Time: Sep 1, 2022 07:00 Eastern Time (US and Canada)

Every week on Thu, Tue, 8 occurrence(s)
Sep 1, 2022 07:00
Sep 6, 2022 07:00
Sep 8, 2022 07:00
Sep 13, 2022 07:00
Sep 15, 2022 07:00
Sep 20, 2022 07:00
Sep 22, 2022 07:00
Sep 27, 2022 07:00

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly:
https://us02web.zoom.us/meeting/tZEtfu2grT4sHNLQHy4MsF3Q3Tyfuc3JxCq_/ics?icsToken=98tyKuGtrjIuEteQth-BRpwMAor4LPzztiVdgo1xrTf8Vw1ARFDHZdZbNKd8Q_LI

Join Zoom Meeting
https://us02web.zoom.us/j/85094835666?pwd=NGpydmwxRVJjbCsxN21oa05DV0ZrUT09

Meeting ID: 850 9483 5666
Passcode: 299441
One tap mobile
+17193594580,,85094835666#,,,,*299441# US
+12532158782,,85094835666#,,,,*299441# US (Tacoma)

Dial by your location

+1 719 359 4580 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)

+1 669 444 9171 US
+1 669 900 9128 US (San Jose)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)
+1 309 205 3325 US
+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: 850 9483 5666
Passcode: 299441
Find your local number: https://us02web.zoom.us/u/kcVSQJDKu5

Topic: FOUNDATIONS (2PM US EST)
Time: Sep 1, 2022 14:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)
Sep 1, 2022 14:00
Sep 6, 2022 14:00
Sep 8, 2022 14:00
Sep 13, 2022 14:00
Sep 15, 2022 14:00
Sep 20, 2022 14:00
Sep 22, 2022 14:00
Sep 27, 2022 14:00
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZcvcuyhrz8rGdBNQ-smVlTCZbFU_Sicyxtc/ics?icsToken=98tyKuGrrD4vE9WRsRqDRpwqAI_4Z_PzmClcjad_si6oEC1lbjfVDOBkB41MGdvJ

Join Zoom Meeting
https://us02web.zoom.us/j/83255914134?pwd=UHdONnZxOGFHL0pxMGxlR1hXbUYzQT09

Meeting ID: 832 5591 4134
Passcode: 669118
One tap mobile
+13462487799,,83255914134#,,,,*669118# US (Houston)
+16694449171,,83255914134#,,,,*669118# US

Dial by your location
+1 346 248 7799 US (Houston)
+1 669 444 9171 US
+1 669 900 9128 US (San Jose)
+1 719 359 4580 US
+1 253 215 8782 US (Tacoma)
+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)
+1 309 205 3325 US
+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: 832 5591 4134
Passcode: 669118
Find your local number: https://us02web.zoom.us/u/kiLJ0ogTH

Topic: FOUNDATIONS (8PM US EST)
Time: Sep 1, 2022 20:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)
Sep 1, 2022 20:00
Sep 6, 2022 20:00
Sep 8, 2022 20:00
Sep 13, 2022 20:00
Sep 15, 2022 20:00
Sep 20, 2022 20:00
Sep 22, 2022 20:00
Sep 27, 2022 20:00
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZMocuqrrjosHtYF-k4QXsFfxSMU1EkWIwHg/ics?icsToken=98tyKuGvqz4pGdSUth2FRpwEGY_4b-nziH5dgrdkulLuVxFrcSXwLtFvB-NaG-_5

Join Zoom Meeting
https://us02web.zoom.us/j/87553301642?pwd=amVocDlUYWpZSHQyM3l0MFNDbFhGUT09

Meeting ID: 875 5330 1642
Passcode: 404490
One tap mobile
+16699009128,,87553301642#,,,,*404490# US (San Jose)
+17193594580,,87553301642#,,,,*404490# US

Dial by your location
+1 669 900 9128 US (San Jose)
+1 719 359 4580 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 444 9171 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)
+1 309 205 3325 US

+1 312 626 6799 US (Chicago)
+1 386 347 5053 US
+1 564 217 2000 US
Meeting ID: 875 5330 1642
Passcode: 404490
Find your local number: https://us02web.zoom.us/u/kdVwGuIuqW