



## SKILLS SEPTEMBER 2022

Thanks for registering! Please make sure to sign into class 5 mins prior to start time and have a mat, two blocks and a towel.

**PLEASE READ:**

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: SKILLS

Time: Sep 2, 2022 20:00 Eastern Time (US and Canada)

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

Sep 2, 2022 20:00

Sep 5, 2022 20:00

Sep 7, 2022 20:00

Sep 9, 2022 20:00

Sep 12, 2022 20:00

Sep 14, 2022 20:00

Sep 16, 2022 20:00

Sep 19, 2022 20:00

Sep 21, 2022 20:00

Sep 23, 2022 20:00

Sep 26, 2022 20:00

Sep 28, 2022 20:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZYpdeyhqTljEtIXmfCkioEhzxtkP7\\_033du/ics?icsToken=98tyKuGqqjvE9OcuRGHRpwOBojoZ\\_PwIhEj7dppBLjIcTabSb-IPpWOYloL\\_eD](https://us02web.zoom.us/meeting/tZYpdeyhqTljEtIXmfCkioEhzxtkP7_033du/ics?icsToken=98tyKuGqqjvE9OcuRGHRpwOBojoZ_PwIhEj7dppBLjIcTabSb-IPpWOYloL_eD)

Join Zoom Meeting

<https://us02web.zoom.us/j/82425979980?pwd=Q1RKSDg5cVdMT1Z4OFRXWVpxd09lQT09>

Meeting ID: 824 2597 9980

Passcode: 111742

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+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

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