

September STRETCHLETIC—TWICE 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 (2xWK)

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

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

Sep 1, 2022 19:00

Sep 6, 2022 19:00

Sep 8, 2022 19:00

Sep 13, 2022 19:00

Sep 15, 2022 19:00

Sep 20, 2022 19:00

Sep 22, 2022 19:00

Sep 27, 2022 19:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZMude2oqjsuG9cdwPwVuxCfJglkvfQOKHtr/ics?icsToken=98tyKuGvrTkuGtCVtBiERpWEA4joLPTwiGJbjfpemAjvFBZGeiDwHOVOOaR5Iff7>

Join Zoom Meeting

<https://us02web.zoom.us/j/87324040413?pwd=cWJaTVZuWmNMTVVLYW83c2VhZ0ZrZz09>

Meeting ID: 873 2404 0413

Passcode: 745521

One tap mobile

+16694449171,,87324040413#,,,,*745521# US

+16699009128,,87324040413#,,,,*745521# US (San Jose)

Dial by your location

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 646 931 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: 873 2404 0413

Passcode: 745521

Find your local number: <https://us02web.zoom.us/j/8441111111>