



D1Y



SEPTEMBER

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.

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 email can be empty. This helps expedite your request. The recording is available for 24hrs from the time it was recorded. Please do not request classes past 2 days. 😊

Topic: STRONGER (9AM US EST)
Time: Sep 2, 2022 09:00 Eastern Time (US and Canada)
Every week on Fri, Mon, Wed, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZYscu-vqj4pHtxdbyziFNZOh-YY1Fhz3Txo/ics?icsToken=98tyKuGqrz4sHdCQsx2PRpwQBY_4M-3wiCVegrdfmB38GSp1TDnZPq97C-NZGMKD

Join Zoom Meeting

<https://us02web.zoom.us/j/82156745348?pwd=NnVQdjE3S0lDSThEbVBPVVNR1RqUT09>

Meeting ID: 821 5674 5348

Passcode: 576495

One tap mobile

+16694449171,,82156745348#,,,,*576495# US

+16699009128,,82156745348#,,,,*576495# 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)

+1 309 205 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)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)

Meeting ID: 821 5674 5348

Passcode: 576495

Find your local number: <https://us02web.zoom.us/j/82156745348>

Topic: STRONGER (1PM US EST)

Time: Sep 2, 2022 13:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZUedu2rrzlvEtGBn9SswJPa424mKaD7zHfd/ics?icsToken=98tyKuGpqjouGdWctRGCRpwcBoj4LonzmFhYj7d6vhG8MDNESDP3YrAWP5I-NI_K

Join Zoom Meeting

<https://us02web.zoom.us/j/81414319585?pwd=MmVMNmZRXRkliNzllK29YZ3oxOHdOdz09>

Meeting ID: 814 1431 9585

Passcode: 779647

One tap mobile

+12532158782,,81414319585#,,,,*779647# US (Tacoma)

+13462487799,,81414319585#,,,,*779647# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+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)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

Meeting ID: 814 1431 9585

Passcode: 779647

Find your local number: <https://us02web.zoom.us/j/81414319585>

Topic: STRONGER (7PM US EST)

Time: Sep 2, 2022 19:00 Eastern Time (US and Canada)
Every week on Fri, Mon, Wed, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZAkceyqqzssGNLP6_AtraYUStRJP2lgz1AN/ics?icsToken=98tyKuGspz0vGNGVthuBRpwlHY_oZ-rwmGJdjY1xrEnaljRBYzrDBfZwGlltHN_K

Join Zoom Meeting

<https://us02web.zoom.us/j/84965250626?pwd=K2tMNEY5NGl1VzI4cHhJSElZQWtqQT09>

Meeting ID: 849 6525 0626

Passcode: 739871

One tap mobile

+17193594580,,84965250626#,,,,*739871# US

+12532158782,,84965250626#,,,,*739871# 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)

+1 386 347 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)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

Meeting ID: 849 6525 0626

Passcode: 739871

Find your local number: <https://us02web.zoom.us/u/kezflKO5N3>