



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: Oct 4, 2022 17:00 Eastern Time (US and Canada)

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

Oct 4, 2022 17:00

Oct 6, 2022 17:00

Oct 11, 2022 17:00

Oct 13, 2022 17:00

Oct 18, 2022 17:00

Oct 20, 2022 17:00

Oct 25, 2022 17:00

Oct 27, 2022 17:00

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

Weekly: https://us02web.zoom.us/meeting/tZlpc-goqzoiH9xnYy19d4h0RJuJlWGCTND3/ics?icsToken=98tyKuGuqj8pGtGUuRyPRpwABo-gb_TwmH5EgvpFkib8UnlXNgumBMhXOL5IN_vk

Join Zoom Meeting

<https://us02web.zoom.us/j/86443051958?pwd=NHVOS0RRRDQ3dUVlWTdWYWZiRnBFZz09>

Meeting ID: 864 4305 1958

Passcode: 357758

One tap mobile

+16694449171,,86443051958#,,,,*357758# US

+16699009128,,86443051958#,,,,*357758# 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)
+1 386 347 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: 864 4305 1958

Passcode: 357758

Find your local number: <https://us02web.zoom.us/j/kdjDwe6bFy>

Topic: FOUNDATIONS (2PM US EST)

Time: Oct 4, 2022 14:00 Eastern Time (US and Canada)

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

Oct 4, 2022 14:00

Oct 6, 2022 14:00

Oct 11, 2022 14:00

Oct 13, 2022 14:00

Oct 18, 2022 14:00

Oct 20, 2022 14:00

Oct 25, 2022 14:00

Oct 27, 2022 14:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYofuorjwoH9xwAHwpQ5nRR8YFvwCLtGvE/ics?icsToken=98tyKuGqqzloGtSSshyPRpwQGYr4a_TziGZBgvpFiz7NFDBiNw3EBLp7FKRoM_TE

Join Zoom Meeting

<https://us02web.zoom.us/j/82592007258?pwd=RzJycWxoVGM3T2NnUFVJMFBRUhAxZz09>

Meeting ID: 825 9200 7258

Passcode: 684195

One tap mobile

+16694449171,,82592007258#,,,,*684195# US

+16699009128,,82592007258#,,,,*684195# 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)
+1 312 626 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)
+1 309 205 3325 US

Meeting ID: 825 9200 7258

Passcode: 684195

Find your local number: <https://us02web.zoom.us/j/82592007258>

Topic: FOUNDATIONS (8PM US EST)

Time: Oct 4, 2022 20:00 Eastern Time (US and Canada)

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

Oct 4, 2022 20:00

Oct 6, 2022 20:00

Oct 11, 2022 20:00

Oct 13, 2022 20:00

Oct 18, 2022 20:00

Oct 20, 2022 20:00

Oct 25, 2022 20:00

Oct 27, 2022 20:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMpc-](https://us02web.zoom.us/meeting/tZMpc-6rrjguGtx5yYhe2hHPiKJuWk_bvzVg/ics?icsToken=98tyKuGvqj8tGdSWtBmPRpwEBo-gKOnziHZbjbdFyQbcCyUBaivGP8loJ4V0L9rG)

[6rrjguGtx5yYhe2hHPiKJuWk_bvzVg/ics?icsToken=98tyKuGvqj8tGdSWtBmPRpwEBo-gKOnziHZbjbdFyQbcCyUBaivGP8loJ4V0L9rG](https://us02web.zoom.us/meeting/tZMpc-6rrjguGtx5yYhe2hHPiKJuWk_bvzVg/ics?icsToken=98tyKuGvqj8tGdSWtBmPRpwEBo-gKOnziHZbjbdFyQbcCyUBaivGP8loJ4V0L9rG)

Join Zoom Meeting

<https://us02web.zoom.us/j/87447303408?pwd=RGQ2clhjZk1STVZRcmcvZGJmZXcvZz09>

Meeting ID: 874 4730 3408

Passcode: 421904

One tap mobile

+16694449171,,87447303408#,,,,*421904# US

+16699009128,,87447303408#,,,,*421904# 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)

+1 564 217 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)

+1 386 347 5053 US

Meeting ID: 874 4730 3408

Passcode: 421904

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