



DAY1YOGA MONTH ACCESS: OCTOBER 2022

Welcome to OCTOBER and the DAY1YOGA Membership! For those returning for another month, I am truly grateful to see you again! **DAY1 Certification Crew**, it's already month 2! New members, I'm happy to have you join us! As always, I am available to connect with you, talk with you, and get to know you better. I encourage you to reach out directly with any questions, comments, or compliments about classes or training or any workouts. Please keep my number at +1-773-443-9636 and feel free to text/whatsapp me or hang out after class. Please keep all office questions/recording requests/exceptions/complaints (haha) to Dottie at assist.day1yoga@gmail.com

All ZOOM codes are in this email. Please keep it for the month as it will have everything you need, including a calendar of events.

Please use the **included iCal links to set reminders!** I want you to get the most out of this month and that means **showing up to class!** Following this PDF, Dottie will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love,

Day

MEMBER FOLDER:

For you, as a member, we continue to maintain a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before removal. Please know it is **preferable for you to be live in class** and not rely on recordings 😊

PLEASE DO NOT SHARE THE FOLDER 😊

The link for the Members Showcase is:

Link: <https://vimeo.com/showcase/9835416>

Password: increasinglife!



OCTOBER MEMBERSHIP CALENDAR

LEG DAY DRILLS

Saturdays starting October 1st, 9am US EST (4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays Oct 3rd 9am, 1pm, & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting Oct 4th at 7am, 2pm, & 8PM US EST (8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays Oct 3rd at 10am US EST (12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting Oct 4th at 7pm US EST (8 meetings)

SKILLS

MWF starting Oct 3rd 8pm US EST (12 classes)

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting Oct 1st at 8am US EST

Topic: LEG DAY

Time: Oct 1, 2022 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZ0sdeqrrD0oGtUpXkAi-eOux0x5pd6-45Y7/ics?icsToken=98tyKuGhrzpkGdaTshmGRpx5BYjob-nzpiFBjbdjCfulikeZyzjLrJaZ6J7RpWE>

Join Zoom Meeting

<https://us02web.zoom.us/j/89123326201?pwd=MXFsMjVhdWpkbEFVTE1FeXhzaTNIodz09>

Meeting ID: 891 2332 6201

Passcode: 496394

One tap mobile

+17193594580,,89123326201#,,,,*496394# US

+12532158782,,89123326201#,,,,*496394# 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)

+1 301 715 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)

+1 646 931 3860 US

Meeting ID: 891 2332 6201

Passcode: 496394

Find your local number: <https://us02web.zoom.us/j/kcILDDmO3d>

Topic: FOUNDATIONS (7AM US EST)

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZlpc-gqozojH9xnYy19d4h0RJuJlWGCTND3/ics?icsToken=98tyKuGuqj8pGtGUuRyPRpwABo-gb_TwmH5EgvpFkib8UnlXNgumBMhXOL5IN_vk

Join Zoom Meeting

<https://us02web.zoom.us/j/86443051958?pwd=NHVOS0RRRDQ3dUVlWtdWYWZjRnBFZz09>

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/82592007258?pwd=RzJycWxoVGh3T2NnUFVJMFBFRUnAxZz09>

Topic: FOUNDATIONS (2PM US EST)

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

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

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

Weekly:

https://us02web.zoom.us/meeting/tZYofuorjwoH9xwAHwpQ5nRR8YFvwCLtGvE/ics?icsToken=98tyKuGqqzIoGtSSshyPRpwQGyr4a_TziGZBgvpFiz7NFDBiNw3EBLp7FKRoM_TE

Join Zoom Meeting

<https://us02web.zoom.us/j/82592007258?pwd=RzJycWxoVGh3T2NnUFVJMFBFRUnAxZz09>

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)
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+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)

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

Weekly: https://us02web.zoom.us/meeting/tZMpc-6rriguGtx5yYhe2hHPiKJuWk_bvzVg/ics?icsToken=98tyKuGvqi8tGdSWtBmPRpwEBo-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
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+1 719 359 4580 US
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+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/87447303408>

Topic: STRETCHLETIC (2XWKLY)

Time: Oct 4, 2022 19:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZcqcuzvqj0tG9FTC7MuhkGM6umPW9ToKr8s/ics?icsToken=98tyKuGrqT4uHdCTxiCRpwqB4_4LO3wiCFajfp7qDyyLjVbaSTbYPdPAoUmJNf7

Join Zoom Meeting

<https://us02web.zoom.us/j/83754746715?pwd=YU5MRmcrbDJGWk1nQ2d2aEliUzhaZz09>

Meeting ID: 837 5474 6715

Passcode: 776460

One tap mobile

+12532158782,,83754746715#,,,,*776460# US (Tacoma)

+13462487799,,83754746715#,,,,*776460# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

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+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: 837 5474 6715

Passcode: 776460

Find your local number: <https://us02web.zoom.us/j/83754746715>

Topic: STRETCHLETIC (3xWKLY)

Time: Oct 3, 2022 10:00 Eastern Time (US and Canada)

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

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

Weekly:

<https://us02web.zoom.us/meeting/tZcudOyrqT8iHdGgICpQ9bYABEY8agRRpTU4/ics?icsToken=98tyKuGrrTgvGdORuB6CRpwqA4jCZ-nwtiIHgqd6mxPGExEKYDrXFMdbarN4IurA>

Join Zoom Meeting

<https://us02web.zoom.us/j/83335374875?pwd=VGNlb1IsODFqR0FHbFJNdEh0Ulg2UT09>

Meeting ID: 833 3537 4875

Passcode: 052450

One tap mobile

+12532158782,,83335374875#,,,,*052450# US (Tacoma)

+13462487799,,83335374875#,,,,*052450# 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: 833 3537 4875

Passcode: 052450

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

Topic: SKILLS

Time: Oct 3, 2022 20:00 Eastern Time (US and Canada)

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

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

Weekly: <https://us02web.zoom.us/meeting/tZ0pc-uuqTgjEtDs5iQ8iX3uBhO6RUubLRjB/ics?icsToken=98tyKuGhqj8oHNOWuRGDRpx5Bo-ga-7wtnZEj7d5jOrsMnhaWIDjFOptZIBKbDr8>

Join Zoom Meeting

<https://us02web.zoom.us/j/89442673984?pwd=M1VqaThGd0R0Pcj6SFZLK3IVdzRFZz09>

Meeting ID: 894 4267 3984

Passcode: 694198

One tap mobile

+13462487799,,89442673984#,,,,*694198# US (Houston)

+16694449171,,89442673984#,,,,*694198# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

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+1 719 359 4580 US

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+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: 894 4267 3984

Passcode: 694198

Find your local number: <https://us02web.zoom.us/j/kcUt7OJQt2>

Topic: SKILLS PLUS+

Time: Oct 1, 2022 08:00 Eastern Time (US and Canada)

Every week on Sat, Tue, Thu, 12 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZMoce-](https://us02web.zoom.us/meeting/tZMoce-grzwqGN3hXE5rNia2R3FPxIRfaLtF/ics?icsToken=98tyKuGvqz0sGNWSsBuORpwEGY_oM-rzmGZfjY00ICfAVjJ9awKkBLFkAqzIt7R)

[grzwqGN3hXE5rNia2R3FPxIRfaLtF/ics?icsToken=98tyKuGvqz0sGNWSsBuORpwEGY_oM-rzmGZfjY00ICfAVjJ9awKkBLFkAqzIt7R](https://us02web.zoom.us/meeting/tZMoce-grzwqGN3hXE5rNia2R3FPxIRfaLtF/ics?icsToken=98tyKuGvqz0sGNWSsBuORpwEGY_oM-rzmGZfjY00ICfAVjJ9awKkBLFkAqzIt7R)

Join Zoom Meeting

<https://us02web.zoom.us/j/87566217029?pwd=TVJueE1BaUJvTVU2eUpBaWRlbFhUZz09>

Meeting ID: 875 6621 7029

Passcode: 885726

One tap mobile

+13462487799,,87566217029#,,,,*885726# US (Houston)

+16694449171,,87566217029#,,,,*885726# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

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+1 719 359 4580 US

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+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: 875 6621 7029

Passcode: 885726

Find your local number: <https://us02web.zoom.us/j/kh3Ni7d13>

Topic: STRONGER TOGETHER (9am EST)
Time: Oct 3, 2022 09:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/meeting/tZUvde6srzljHdRuiybzARwU2KcTEgxQbYhZ/ics?icsToken=98tyKuGprDktHtWcuR6HRpwcAljoKOjzmFhEgqdvIRb8ATpyUBTDZMIBBpd4COnS>

Join Zoom Meeting

<https://us02web.zoom.us/j/81227419970?pwd=cWlvaHYxa2NENE1CaFREU25FN1orUT09>

Meeting ID: 812 2741 9970

Passcode: 541459

One tap mobile

+12532158782,,81227419970#,,,,*541459# US (Tacoma)

+13462487799,,81227419970#,,,,*541459# 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: 812 2741 9970

Passcode: 541459

Find your local number: <https://us02web.zoom.us/j/81227419970>

Topic: STRONGER TOGETHER (1pm EST)
Time: Oct 3, 2022 13:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZYudeqrrj8iG93l1mgv9o8PbDEcoRlgQZa7/ics?icsToken=98tyKuGqrTkpGdSRuRiORpwQA4job-nziClEjfoOkE7oBDYKbVvGNMZnMb1NOD_h

Join Zoom Meeting

<https://us02web.zoom.us/j/82323304919?pwd=dJl1a3pUeXRlcnYrVjZleTdLc3FHdz09>

Meeting ID: 823 2330 4919

Passcode: 618951

One tap mobile

+13462487799,,82323304919#,,,,*618951# US (Houston)

+16694449171,,82323304919#,,,,*618951# 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)

+1 646 558 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: 823 2330 4919

Passcode: 618951

Find your local number: <https://us02web.zoom.us/j/kdk9Mol15w>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Oct 3, 2022 19:00 Eastern Time (US and Canada)

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

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

Weekly:

<https://us02web.zoom.us/meeting/tZUodeGrqT8rGt3gXkcBbb888hx5hBr3TSYg/ics?icsToken=98tyKuGpqzkiGdORsRmORpwcGYjoWenwtlcljbcOmyfuAAJRYFuubupaZ7pdAovk>

Join Zoom Meeting

<https://us02web.zoom.us/j/81528374109?pwd=MzQwMG1ld3FJcEVZQXpKWWoveWJyZz09>

Meeting ID: 815 2837 4109

Passcode: 320646

One tap mobile

+13462487799,,81528374109#,,,,*320646# US (Houston)

+16694449171,,81528374109#,,,,*320646# 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

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+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

Meeting ID: 815 2837 4109

Passcode: 320646

Find your local number: <https://us02web.zoom.us/j/81528374109?pwd=kdYy7QDFRQ>