



## OCTOBER 2022: STRETCHLETIC—3 TIMES 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](mailto:assist.day1yoga@gmail.com) with the **NAME and DATE** of the class being requested in the subject line, the email itself can be empty. The recording is available for 24hrs. Please do not request classes after 48hrs

Topic: STRETCHLETIC (3xWKLY)

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

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

Oct 3, 2022 10:00

Oct 5, 2022 10:00

Oct 7, 2022 10:00

Oct 10, 2022 10:00

Oct 12, 2022 10:00

Oct 14, 2022 10:00

Oct 17, 2022 10:00

Oct 19, 2022 10:00

Oct 21, 2022 10:00

Oct 24, 2022 10:00

Oct 26, 2022 10:00

Oct 28, 2022 10:00

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

Weekly: <https://us02web.zoom.us/meeting/tZcudOyrqT8iHdGgCpQ9bYABEy8agRRpTU4/ics?icsToken=98tyKuGrrTgvGdORuB6CRpwgA4jCZ-ntwilHqqd6mxPGExEKYDrXFMdbarN4lurA>

Join Zoom Meeting

<https://us02web.zoom.us/j/83335374875?pwd=VGNlb1lsODFqR0FHbFJNdEhOUlg2UT09>

Meeting ID: 833 3537 4875

Passcode: 052450

One tap mobile

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Dial by your location

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+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

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Meeting ID: 833 3537 4875

Passcode: 052450

Find your local number: <https://us02web.zoom.us/j/83335374875>