



D1Y



OCTOBER

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 TOGETHER (9am EST)

Time: Oct 3, 2022 09:00 Eastern Time (US and Canada)

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

Oct 3, 2022 09:00

Oct 5, 2022 09:00

Oct 7, 2022 09:00

Oct 10, 2022 09:00

Oct 12, 2022 09:00

Oct 14, 2022 09:00

Oct 17, 2022 09:00

Oct 19, 2022 09:00

Oct 21, 2022 09:00

Oct 24, 2022 09:00

Oct 26, 2022 09:00

Oct 28, 2022 09:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZUvde6srzljHdRuiybzarwU2KcTEgxQbYhZ/ics?icsToken=98tyKuGprDktHtWcuR6HRpwcAljoKOjzmFhEgqdvIRb8ATpyUBTDZMIBBpd4COoS>

Join Zoom Meeting

<https://us02web.zoom.us/j/81227419970?pwd=cWlyYHYxa2NENE1CaFREU25FN1orUT09>

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/kdx8uJGZHS>

Topic: STRONGER TOGETHER (1pm EST)

Time: Oct 3, 2022 15:00 Eastern Time (US and Canada)

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

- Oct 3, 2022 15:00
- Oct 5, 2022 15:00
- Oct 7, 2022 15:00
- Oct 10, 2022 15:00
- Oct 12, 2022 15:00
- Oct 14, 2022 15:00
- Oct 17, 2022 15:00
- Oct 19, 2022 15:00
- Oct 21, 2022 15:00
- Oct 24, 2022 15:00
- Oct 26, 2022 15:00
- Oct 28, 2022 15:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYudeqrrj8jG93l1mgv9o8PbDEcoRlgQZa7/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)

- Oct 3, 2022 19:00
- Oct 5, 2022 19:00
- Oct 7, 2022 19:00
- Oct 10, 2022 19:00
- Oct 12, 2022 19:00
- Oct 14, 2022 19:00
- Oct 17, 2022 19:00
- Oct 19, 2022 19:00
- Oct 21, 2022 19:00
- Oct 24, 2022 19:00
- Oct 26, 2022 19:00
- Oct 28, 2022 19:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZUodeGrqT8rGt3gXkcBbb888hx5hBr3TSYg/ics?icsToken=98tyKuGpqzkiGdORsRmORpwcGYjoWenwtlclbcOmyfuAAJRYFuubupaZ7pdAovk>

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

+1 253 215 8782 US (Tacoma)

+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: 815 2837 4109

Passcode: 320646

Find your local number: <https://us02web.zoom.us/j/81528374109?pwd=Zm5kdU9lYy7QDFRQ>