



## DAY1YOGA MONTH ACCESS: NOVEMBER 2022

Welcome to **NOVEMBER** and the DAY1YOGA Membership! For those returning for another month, I am truly grateful to see you again! **D1Y Certification Crew**, it's already month 3! 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/9905670>

**Password:** glowup23



## NOVEMBER MEMBERSHIP CALENDAR

### LEG DAY DRILLS

Saturdays starting November 5<sup>th</sup>, 9am US EST (4 meetings)

### STRONGER TOGETHER

Mondays, Wednesdays, and Fridays Nov 2<sup>nd</sup> 9am, 1pm, & 7pm US EST (12 meetings)

### FOUNDATIONS

Tuesdays and Thursdays starting November 1<sup>st</sup> at 7am, 2pm, & 8PM US EST (8 meetings)

### STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays November 2<sup>nd</sup> at 10am US EST (12 meetings)

### STRETCHLETIC 2x

Tuesdays and Thursdays starting November 1<sup>st</sup> at 7pm US EST (8 meetings)

### SKILLS

MWF starting November 2<sup>nd</sup> 8pm US EST (12 classes)

### +SKILLS PLUS+

Tuesday, Thursday, and Saturday starting November 1<sup>st</sup> at 8am US EST (12 classes)

Topic: LEG DAY DRILLS

Time: Nov 5, 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/tZwuduChqT4jEty9J6juCQBhPXvLqyX7RGAC/ics?icsToken=98tyKuGgrTojE9OQuRGPRpw-A4j4XfPwtiVEj7dExTWzCTVwUyH-BtpUHQNmKI\\_i](https://us02web.zoom.us/meeting/tZwuduChqT4jEty9J6juCQBhPXvLqyX7RGAC/ics?icsToken=98tyKuGgrTojE9OQuRGPRpw-A4j4XfPwtiVEj7dExTWzCTVwUyH-BtpUHQNmKI_i)

Join Zoom Meeting

<https://us02web.zoom.us/j/88319975988?pwd=eHFtcEMzakZYSDJuQzFid3RxOTNhdz09>

Meeting ID: 883 1997 5988

Passcode: 574306

One tap mobile

+16694449171,,88319975988#,,,,\*574306# US

+16699009128,,88319975988#,,,,\*574306# 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: 883 1997 5988

Passcode: 574306

Find your local number: <https://us02web.zoom.us/j/88319975988>

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Topic: FOUNDATIONS 7AM US EST

Time: Nov 1, 2022 07:00 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/tZEqdeivrDwoGNX3ZoRaFQ\\_53Go4RO67EGb-/ics?icsToken=98tyKuGtqTKrHdaSshuGRpwMB4jod-3zpmZBjY1lzyXqMSF1UzyjZcVNZoBQRo\\_1](https://us02web.zoom.us/meeting/tZEqdeivrDwoGNX3ZoRaFQ_53Go4RO67EGb-/ics?icsToken=98tyKuGtqTKrHdaSshuGRpwMB4jod-3zpmZBjY1lzyXqMSF1UzyjZcVNZoBQRo_1)

Join Zoom Meeting

<https://us02web.zoom.us/j/85721727221?pwd=SURzbiBWN0J6NVVWc2JacW1pbWk2UT09>

Meeting ID: 857 2172 7221

Passcode: 046150

One tap mobile

+17193594580,,85721727221#,,,,\*046150# US

+12532158782,,85721727221#,,,,\*046150# 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: 857 2172 7221

Passcode: 046150

Find your local number: <https://us02web.zoom.us/j/kIVwf09fj>

Topic: FOUNDATIONS 2PM US EST

Time: Nov 1, 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/tZYkf-2vrz4oGdPFMwKLI7oajZQ-gtJ3C-bC/ics?icsToken=98tyKuGqzMuHdWQshqARpwQHYqgLO3zmCVBjadtujLyKXfNQz3PNhzf7VrOovz>

Join Zoom Meeting

<https://us02web.zoom.us/j/82984715237?pwd=UzhiNnpHREs1YndyanVVL0tvY1M3Zz09>

Meeting ID: 829 8471 5237

Passcode: 199559

One tap mobile

+16699009128,,82984715237#,,,,\*199559# US (San Jose)

+17193594580,,82984715237#,,,,\*199559# US

Dial by your location

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)  
+1 669 444 9171 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: 829 8471 5237

Passcode: 199559

Find your local number: <https://us02web.zoom.us/j/kkCfaBG47>

Topic: FOUNDATIONS 8PM US EST

Time: Nov 1, 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/tZUvceyuqDsuEt3Gem2lfPiucMxywpQ6HrUD/ics?icsToken=98tyKuGprD0vHNKVtBGORpwcAl\\_oZ-7wpmJbj7cOuxroUQlVUgrjNc9aK6VviY74](https://us02web.zoom.us/meeting/tZUvceyuqDsuEt3Gem2lfPiucMxywpQ6HrUD/ics?icsToken=98tyKuGprD0vHNKVtBGORpwcAl_oZ-7wpmJbj7cOuxroUQlVUgrjNc9aK6VviY74)

Join Zoom Meeting

<https://us02web.zoom.us/j/81265660489?pwd=ZXlSaURCekx0Y2tKVis1QkNwaiNTUT09>

Meeting ID: 812 6566 0489

Passcode: 451184

One tap mobile

+13462487799,,81265660489#,,,,\*451184# US (Houston)

+16694449171,,81265660489#,,,,\*451184# 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)  
+1 309 205 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: 812 6566 0489

Passcode: 451184

Find your local number: <https://us02web.zoom.us/j/kb0Np34L9P>

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Topic: STRETCHLETIC (2xWKLY)

Time: Nov 1, 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/tZUocuiugTOvGNcHuOfOoDgTZZPnzK\\_R0d-g/ics?icsToken=98tyKuGpqz4rHNOTtRuERpwcGY\\_4d-7wtiFYjY1etArKBQ9cRgTCDNhyPKhUL-qA](https://us02web.zoom.us/meeting/tZUocuiugTOvGNcHuOfOoDgTZZPnzK_R0d-g/ics?icsToken=98tyKuGpqz4rHNOTtRuERpwcGY_4d-7wtiFYjY1etArKBQ9cRgTCDNhyPKhUL-qA)

Join Zoom Meeting

<https://us02web.zoom.us/j/81551676523?pwd=aEJjeENwVzExeG02QXJPWGovRFkvdz09>

Meeting ID: 815 5167 6523

Passcode: 357312

One tap mobile

+16694449171,,81551676523#,,,,\*357312# US

+16699009128,,81551676523#,,,,\*357312# 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)

+1 646 558 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: 815 5167 6523

Passcode: 357312

Find your local number: <https://us02web.zoom.us/j/kchaZc3dov>

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Topic: STRETCHLETIC (3xWKLY)

Time: Nov 2, 2022 10:00 Eastern Time (US and Canada)

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

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

Weekly:

[https://us02web.zoom.us/meeting/tZAkdOyrpz0pE9G2QaJBCvP8wEK9d03uOdTd/ics?icsToken=98tyKuGspzgvGd2Ts\\_xCCRpwIHYjCZ-nxmCFej\\_p6zi7kKQJwdDOulcdpa7YvQ83](https://us02web.zoom.us/meeting/tZAkdOyrpz0pE9G2QaJBCvP8wEK9d03uOdTd/ics?icsToken=98tyKuGspzgvGd2Ts_xCCRpwIHYjCZ-nxmCFej_p6zi7kKQJwdDOulcdpa7YvQ83)

Join Zoom Meeting

<https://us02web.zoom.us/j/84935396395?pwd=aWtHUGo0Mk9aZlRtV2lSOTVORHBIUT09>

Meeting ID: 849 3539 6395

Passcode: 823601

One tap mobile

+12532158782,,84935396395#,,,,\*823601# US (Tacoma)

+13462487799,,84935396395#,,,,\*823601# 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

+1 564 217 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: 849 3539 6395

Passcode: 823601

Find your local number: <https://us02web.zoom.us/u/kphLcEZJ9>

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Topic: SKILLS

Time: Nov 2, 2022 20:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZYof-](https://us02web.zoom.us/meeting/tZYof-2gqDlqH9JAzjl1G0f1VDClHWEvR_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpZwplhfgvp3vQXMCQkCRVPwZ9RmEb5XJ_3m)

[2gqDlqH9JAzjl1G0f1VDClHWEvR\\_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpZwplhfgvp3vQXMCQkCRVPwZ9RmEb5XJ\\_3m](https://us02web.zoom.us/meeting/tZYof-2gqDlqH9JAzjl1G0f1VDClHWEvR_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpZwplhfgvp3vQXMCQkCRVPwZ9RmEb5XJ_3m)

Join Zoom Meeting

<https://us02web.zoom.us/j/82584869056?pwd=ZktvWnliSFA2RE1JMmpiSWhZZTF5UT09>

Meeting ID: 825 8486 9056

Passcode: 631994

One tap mobile

+17193594580,,82584869056#,,,,\*631994# US  
+12532158782,,82584869056#,,,,\*631994# 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: 825 8486 9056

Passcode: 631994

Find your local number: <https://us02web.zoom.us/j/k3rTvstd6>

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Topic: SKILLS +

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

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

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

Weekly: [https://us02web.zoom.us/meeting/tZMkd-mugTsiGNIWHKU4sd\\_sAfiGZOTWvAW7/ics?icsToken=98tyKuGvpzsqHNOVuBuBRpwEHYigc-7wtmJHjY10qzfONnRAZjzLF-RLFYhQJO\\_G](https://us02web.zoom.us/meeting/tZMkd-mugTsiGNIWHKU4sd_sAfiGZOTWvAW7/ics?icsToken=98tyKuGvpzsqHNOVuBuBRpwEHYigc-7wtmJHjY10qzfONnRAZjzLF-RLFYhQJO_G)

Join Zoom Meeting

<https://us02web.zoom.us/j/87900670826?pwd=aWwzcEFJMm16N2xQNFU3Z0ZpQVhVQT09>

Meeting ID: 879 0067 0826

Passcode: 497948

One tap mobile

+17193594580,,87900670826#,,,,\*497948# US  
+12532158782,,87900670826#,,,,\*497948# 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)  
+1 564 217 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: 879 0067 0826  
Passcode: 497948  
Find your local number: <https://us02web.zoom.us/j/kc9MkgXW5z>

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

Please download and import the following iCalendar (.ics) files to your calendar system.  
Weekly: [https://us02web.zoom.us/meeting/tZYocOCspjkoEt1oS9ASaqbEF9g\\_p-  
eoU2Rk/ics?icsToken=98tyKuGqqzWjHtyXshGORpwQGY\\_CXeixiHpBj7cMkyy8lhNScwHTEltFDalyFdfI](https://us02web.zoom.us/meeting/tZYocOCspjkoEt1oS9ASaqbEF9g_p-<br/>eoU2Rk/ics?icsToken=98tyKuGqqzWjHtyXshGORpwQGY_CXeixiHpBj7cMkyy8lhNScwHTEltFDalyFdfI)

Join Zoom Meeting  
<https://us02web.zoom.us/j/82579482289?pwd=ZmVTbERpMGdFZE5NLzBTM05oNHlvdz09>

Meeting ID: 825 7948 2289  
Passcode: 695228  
One tap mobile  
+13462487799,,82579482289#,,,,\*695228# US (Houston)  
+16694449171,,82579482289#,,,,\*695228# 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)  
+1 564 217 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: 825 7948 2289  
Passcode: 695228  
Find your local number: <https://us02web.zoom.us/j/kb4kXNh4IV>

Topic: STRONGER TOGETHER 1PM US EST  
Time: Nov 2, 2022 13:00 Eastern Time (US and Canada)  
Every week on Wed, Fri, Mon, 12 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZMud-gogjMrE9AOH4wr084KY0ILTKfv9oPu/ics?icsToken=98tyKuGvrTspGtCdsRCDRpwEA4igb\\_TwiFxcj\\_p8szexFDIDOlfdD7JrHoZUFu6J](https://us02web.zoom.us/meeting/tZMud-gogjMrE9AOH4wr084KY0ILTKfv9oPu/ics?icsToken=98tyKuGvrTspGtCdsRCDRpwEA4igb_TwiFxcj_p8szexFDIDOlfdD7JrHoZUFu6J)

Join Zoom Meeting

<https://us02web.zoom.us/j/87303048194?pwd=bzAyTkRBL3IHd09mZWwhXbDV4SmRldz09>

Meeting ID: 873 0304 8194

Passcode: 253179

One tap mobile

+13462487799,,87303048194#,,,,\*253179# US (Houston)

+16694449171,,87303048194#,,,,\*253179# 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)

+1 312 626 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: 873 0304 8194

Passcode: 253179

Find your local number: <https://us02web.zoom.us/j/kc2CfZaXem>

Topic: STRONGER TOGETHER 7PM US EST

Time: Nov 2, 2022 19:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZcud-2trT8tGdx3CQFs20RC-Yrc2AoVl5Aq/ics?icsToken=98tyKuGrrTsuH9eRtxqPRpwqA4igLO\\_ztilajadFzzzUJTMBMjHVe9tQMeBeH-7c](https://us02web.zoom.us/meeting/tZcud-2trT8tGdx3CQFs20RC-Yrc2AoVl5Aq/ics?icsToken=98tyKuGrrTsuH9eRtxqPRpwqA4igLO_ztilajadFzzzUJTMBMjHVe9tQMeBeH-7c)

Join Zoom Meeting

<https://us02web.zoom.us/j/83304534738?pwd=a0JscmpXaXhFN092ZDFOeDlqaG1PZz09>

Meeting ID: 833 0453 4738

Passcode: 846206

One tap mobile

+16694449171,,83304534738#,,,,\*846206# US

+16699009128,,83304534738#,,,,\*846206# 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: 833 0453 4738

Passcode: 846206

Find your local number: <https://us02web.zoom.us/j/kAvVc5i2N>