



Topic: SKILLS NOVEMBER 2022

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. Please do not request classes are 48hrs.

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: SKILLS

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

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

Nov 2, 2022 20:00

Nov 4, 2022 20:00

Nov 7, 2022 20:00

Nov 9, 2022 20:00

Nov 11, 2022 20:00

Nov 14, 2022 20:00

Nov 16, 2022 20:00

Nov 18, 2022 20:00

Nov 21, 2022 20:00

Nov 23, 2022 20:00

Nov 25, 2022 20:00

Nov 28, 2022 20:00

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-2ggDlqH9JAzljl1G0f1VDCHWEVr_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpzwplhfgyv3vQXMCQkCRVPwZ9RmEb5XJ_3m)

[2ggDlqH9JAzljl1G0f1VDCHWEVr_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpzwplhfgyv3vQXMCQkCRVPwZ9RmEb5XJ_3m](https://us02web.zoom.us/meeting/tZYof-2ggDlqH9JAzljl1G0f1VDCHWEVr_P/ics?icsToken=98tyKuGqqzMuEtKcsByBRpwQGYqgLpzwplhfgyv3vQXMCQkCRVPwZ9RmEb5XJ_3m)

Join Zoom Meeting

<https://us02web.zoom.us/j/82584869056?pwd=ZktvWnliSFA2RE1JMmpiSWhZZTFSUT09>

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