



D1Y



NOVEMBER STRETCHLETIC—TWICE 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 with the **NAME and DATE** of the class being requested in the subject line. The recording is available for 24hrs.

Topic: STRETCHLETIC (2xWKLY)

Time: Nov 1, 2022 19:00 Eastern Time (US and Canada)

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

Nov 1, 2022 19:00

Nov 3, 2022 19:00

Nov 8, 2022 19:00

Nov 10, 2022 19:00

Nov 15, 2022 19:00

Nov 17, 2022 19:00

Nov 22, 2022 19:00

Nov 24, 2022 19:00

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

Join Zoom Meeting

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

Meeting ID: 815 5167 6523

Passcode: 357312

One tap mobile

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Dial by your location

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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

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Passcode: 357312

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