



# D1Y



NOVEMBER

## 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](mailto: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 US EST

Time: Nov 2, 2022 09:00 Eastern Time (US and Canada)

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

Nov 2, 2022 09:00

Nov 4, 2022 09:00

Nov 7, 2022 09:00

Nov 9, 2022 09:00

Nov 11, 2022 09:00

Nov 14, 2022 09:00

Nov 16, 2022 09:00

Nov 18, 2022 09:00

Nov 21, 2022 09:00

Nov 23, 2022 09:00

Nov 25, 2022 09:00

Nov 28, 2022 09:00

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\\_CXeixiHpBi7cMkyy8lhNScwHTEltFDalyFdfI](https://us02web.zoom.us/meeting/tZYocOCspjkoEt1oS9ASaqbEF9g_p-<br/>eoU2Rk/ics?icsToken=98tyKuGqqzWjHtyXshGORpwQGY_CXeixiHpBi7cMkyy8lhNScwHTEltFDalyFdfI)

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/82579482289>

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)

Nov 2, 2022 13:00

Nov 4, 2022 13:00

Nov 7, 2022 13:00

Nov 9, 2022 13:00

Nov 11, 2022 13:00

Nov 14, 2022 13:00

Nov 16, 2022 13:00

Nov 18, 2022 13:00

Nov 21, 2022 13:00

Nov 23, 2022 13:00

Nov 25, 2022 13:00

Nov 28, 2022 13:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMud-](https://us02web.zoom.us/meeting/tZMud-goqjMrE9AOH4wr084KY0ILTKfV9oPu/ics?icsToken=98tyKuGvrTspGtCdsRCDRpwEA4igb_TwiFxcj_p8szexFDIDOfdD7JrHoZUFu6J)

[goqjMrE9AOH4wr084KY0ILTKfV9oPu/ics?icsToken=98tyKuGvrTspGtCdsRCDRpwEA4igb\\_TwiFxcj\\_p8szexFDIDOfdD7JrHoZUFu6J](https://us02web.zoom.us/meeting/tZMud-goqjMrE9AOH4wr084KY0ILTKfV9oPu/ics?icsToken=98tyKuGvrTspGtCdsRCDRpwEA4igb_TwiFxcj_p8szexFDIDOfdD7JrHoZUFu6J)

Join Zoom Meeting

<https://us02web.zoom.us/j/87303048194?pwd=bzAyTkRBL3lHd09mZWlhXbDV4SmRJdz09>

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)

Nov 2, 2022 19:00

Nov 4, 2022 19:00

Nov 7, 2022 19:00

Nov 9, 2022 19:00

Nov 11, 2022 19:00

Nov 14, 2022 19:00

Nov 16, 2022 19:00

Nov 18, 2022 19:00

Nov 21, 2022 19:00

Nov 23, 2022 19:00

Nov 25, 2022 19:00

Nov 28, 2022 19:00

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/j/83304534738?pwd=a0JscmpXaXhFN092ZDF0eDlqaG1PZz09Yrc2AoVl5Aq/ics?icsToken=98tyKuGrrTsuH9eRtxqPRpwqA4igLO_ztilajadFzzzUJTMBMjHVe9tQMeBeH-7c)

Join Zoom Meeting

<https://us02web.zoom.us/j/83304534738?pwd=a0JscmpXaXhFN092ZDF0eDlqaG1PZz09>

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)

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+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>