



DAY1YOGA MONTH ACCESS: DECEMBER 2022

Welcome to **DECEMBER** and the DAY1YOGA Membership! For those returning for another month, I am truly grateful to see you again! 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:

<https://vimeo.com/showcase/9986219>

Password: drumroll



DECEMBER MEMBERSHIP CALENDAR

LEG DAY DRILLS

Saturdays starting December 3rd, 9am US EST (4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays Dec 2nd 9am, 1pm, & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting December 1st at 7am, 2pm, & 8PM US EST (8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays December 2nd at 10am US EST (12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting December 1st at 7pm US EST (8 meetings)

SKILLS

MWF starting December 2nd 8pm US EST (12 classes)

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting December 1st at 8am US EST (12 classes)

Topic: LEG DAY
Time: Dec 3, 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/tZAduuuriKsGdUcSK4sp2wjkQ23J5hagluE/ics?icsToken=98tyKuGsrzooHNSXthqGRpwlBYi4a-7ziHpdjadyonzyOVzNDMBT8HfMQYZgqGNnX>

Join Zoom Meeting

<https://us02web.zoom.us/j/84112602631?pwd=WnRtVmZzdGR3Qy9NQmd1bDRQbnhpdz09>

Meeting ID: 841 1260 2631

Passcode: 254594

One tap mobile

+17193594580,,84112602631#,,,,*254594# US

+12532050468,,84112602631#,,,,*254594# US

Dial by your location

+1 719 359 4580 US

+1 253 205 0468 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)

+1 646 931 3860 US

+1 689 278 1000 US

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 841 1260 2631

Passcode: 254594

Find your local number: <https://us02web.zoom.us/j/84112602631?pwd=WnRtVmZzdGR3Qy9NQmd1bDRQbnhpdz09>

Topic: FOUNDATIONS (7AM US EST)

Time: Dec 1, 2022 07:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZMpf-ggqzkuE9bBaa2r9Z90fEsmQWnqL48N/ics?icsToken=98tyKuGvqiMpEtGxtBCFRpweBoggb_zwmHbj_pfvh7kUTIKWFqmMMdRP4NIHsn8

Join Zoom Meeting

<https://us02web.zoom.us/j/87483852492?pwd=Mi9vKy9TN0Joa2k3cDhEc1RBbG9GQT09>

Meeting ID: 874 8385 2492

Passcode: 609728

One tap mobile

+12532050468,,87483852492#,,,,*609728# US

+12532158782,,87483852492#,,,,*609728# US (Tacoma)

Dial by your location

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+1 305 224 1968 US
+1 309 205 3325 US
+1 312 626 6799 US (Chicago)
+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US

Meeting ID: 874 8385 2492

Passcode: 609728

Find your local number: <https://us02web.zoom.us/j/kcXi0tmSm>

Topic: FOUNDATIONS (2PM US EST)

Time: Dec 1, 2022 14:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tzcvc-irpjooGdXky3jx69s1Y_c8Va86m20N/ics?icsToken=98tyKuGrrD8rGdyUshqGRpwqAI-gd-nxiH5Bjadllwa2CTgFOXcnD91BaoR-Sl7d

Join Zoom Meeting

<https://us02web.zoom.us/j/83241381231?pwd=clBTdjBwZG5QM0N0M0FkSis2L0tPZz09>

Meeting ID: 832 4138 1231

Passcode: 689626

One tap mobile

+16694449171,,83241381231#,,,,*689626# US

+16699009128,,83241381231#,,,,*689626# US (San Jose)

Dial by your location

+1 669 444 9171 US
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+1 689 278 1000 US
+1 301 715 8592 US (Washington DC)
+1 305 224 1968 US
+1 309 205 3325 US

Meeting ID: 832 4138 1231

Passcode: 689626

Find your local number: <https://us02web.zoom.us/j/kexK4Qwrng>

Topic: FOUNDATIONS (8PM US EST)

Time: Dec 1, 2022 20:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZ0kce2trj8iEtNTne62VHs1Pd_ZpBCHKJBS/ics?icsToken=98tyKuGhpz0uH9SRuBGARpx5HY_oLO_ziClHj7dzqBHgVXJlShCnBuZ9CKJdM_D7

Join Zoom Meeting

<https://us02web.zoom.us/j/89964504887?pwd=SRXLWENTZ0JpcnNsdnN6ZTM4VU9lZz09>

Meeting ID: 899 6450 4887

Passcode: 157134

One tap mobile

+12532158782,,89964504887#,,,,*157134# US (Tacoma)

+13462487799,,89964504887#,,,,*157134# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

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+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

Meeting ID: 899 6450 4887

Passcode: 157134

Find your local number: <https://us02web.zoom.us/j/klhBBJ5OY>

Topic: STRETCHLETIC 2X WKLY

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

Every day, 8 occurrence(s)

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

Daily: [https://us02web.zoom.us/meeting/tZwsd-Ggpi8tG9ErkRNAGJiLoL_ufEpEli56/ics?icsToken=98tyKuGgrzsiEtyRtxiCRpw-BYigWfzxiClaifp4jhTXLQF0SAraOc59J7RaAP35](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZwsd-Ggpi8tG9ErkRNAGJiLoL_ufEpEli56/ics?icsToken=98tyKuGgrzsiEtyRtxiCRpw-BYigWfzxiClaifp4jhTXLQF0SAraOc59J7RaAP35)

Join Zoom Meeting

<https://us02web.zoom.us/j/88108884715?pwd=TE8wOWROZjgzT3drZXAxUjFTRmxoUT09>

Meeting ID: 881 0888 4715

Passcode: 819924

One tap mobile

+17193594580,,88108884715#,,,,*819924# US

+12532050468,,88108884715#,,,,*819924# US

Dial by your location

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+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

Meeting ID: 881 0888 4715

Passcode: 819924

Find your local number: <https://us02web.zoom.us/u/kM5LmFMHE>

Topic: STRETCHLETIC 3X WKLY

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZEpf-qvqDgpEt1bT9TtenmSxC7VnL3CtKB2/ics?icsToken=98tyKuGtgjMpHdKWsxGORpwMBoggb-3wpmZei7cMniu8NzRWbA7FLsEVBLxTQ_vE

Join Zoom Meeting

<https://us02web.zoom.us/j/85483763389?pwd=b2tsTjNhN3dSYkQxUVBnRkdjZ1hsQT09>

Meeting ID: 854 8376 3389

Passcode: 563401

One tap mobile

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+12532050468,,85483763389#,,,,*563401# US

Dial by your location

+1 719 359 4580 US

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+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)

Meeting ID: 854 8376 3389

Passcode: 563401

Find your local number: <https://us02web.zoom.us/j/kcmZ37FX5c>

Topic: SKILLS

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZYucevqpi4iHNTNKaW9o9vl-E4DlCincGN/ics?icsToken=98tyKuGqT0vGNyQuB-HRpwQA4_oZ-rxiCVHgo1psjTkNHlcOxXfe8cWFr5TM9He

Join Zoom Meeting

<https://us02web.zoom.us/j/82365285860?pwd=RklNaVZlb3h2a2JFaG9tcnBCcjh4dz09>

Meeting ID: 823 6528 5860

Passcode: 086478

One tap mobile

+16699009128,,82365285860#,,,,*086478# US (San Jose)

+17193594580,,82365285860#,,,,*086478# US

Dial by your location

+1 669 900 9128 US (San Jose)
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+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US
+1 689 278 1000 US

Meeting ID: 823 6528 5860

Passcode: 086478

Find your local number: <https://us02web.zoom.us/j/kb5dwyB1al>

Topic: +SKILLS PLUS+

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZEIcumgqTsrHNBBy0eWAcmwpeBRsfP0pgHVr/ics?icsToken=98tyKuGtpj4qEtOVsR-DRpwMGo_4c_zwtmJcgo1_hU_gNAFQbxTmE8BwIbRPQMjB

Join Zoom Meeting

<https://us02web.zoom.us/j/85850870164?pwd=RHI4VnhSMUM4RTRHamM1b3U0OHJBUT09>

Meeting ID: 858 5087 0164

Passcode: 617033

One tap mobile

+13462487799,,85850870164#,,,,*617033# US (Houston)

+16694449171,,85850870164#,,,,*617033# 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

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+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

Meeting ID: 858 5087 0164

Passcode: 617033

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

Topic: STRONGER TOGETHER (9am US EST)

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

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

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

Weekly:

https://us02web.zoom.us/meeting/tZckde2pqz8jE9OYqmlprAEIh25p19KilIE/ics?icsToken=98tyKuGrpkuG9GRuRCARpwqHYjoLOvwmCIEj_pypQ7oDzBQcCLTOuoQZ6luSfPa

Join Zoom Meeting

<https://us02web.zoom.us/j/83924154997?pwd=MjB0eE1T00rMXp3b0k0QkNBU1lhZz09>

Meeting ID: 839 2415 4997

Passcode: 673464

One tap mobile

+17193594580,,83924154997#,,,,*673464# US

+12532050468,,83924154997#,,,,*673464# US

Dial by your location

+1 719 359 4580 US

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+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US

Meeting ID: 839 2415 4997

Passcode: 673464

Find your local number: <https://us02web.zoom.us/j/83924154997>

Topic: STRONGER TOGETHER (1PM US EST)

Time: Dec 2, 2022 13:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZApdO6prDotHdTMxinyne-EMpcEow2rjRvP/ics?icsToken=98tyKuGsqjgtG9aUtx6HRpwIBojCKOVzpn5agqdpsTL9CjldZ07TG_JBF71oQsra

Join Zoom Meeting

<https://us02web.zoom.us/j/84437121770?pwd=QjBhY0tsMDBCVTdvZlksU3pPR1l0Zz09>

Meeting ID: 844 3712 1770

Passcode: 826320

One tap mobile

+16699009128,,84437121770#,,,,*826320# US (San Jose)

+17193594580,,84437121770#,,,,*826320# US

Dial by your location

+1 669 900 9128 US (San Jose)
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+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US

Meeting ID: 844 3712 1770

Passcode: 826320

Find your local number: <https://us02web.zoom.us/j/84437121770>

Topic: STRONGER TOGETHER (7PM US EST)

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZMod-GsqD4tGdan5jEUUjstvPYhJaUVh7BGF/ics?icsToken=98tyKuGvqzsiHtKQtxqFRpwEGYigWeiwpjVaiadckrvJhVmaBDgBttKGLNKJtCH>

Join Zoom Meeting

<https://us02web.zoom.us/j/87508465732?pwd=Zk1hM3pVS29UNHgyOWlqNUxoS9YZz09>

Meeting ID: 875 0846 5732

Passcode: 901337

One tap mobile

+13462487799,,87508465732#,,,,*901337# US (Houston)

+16694449171,,87508465732#,,,,*901337# US

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Meeting ID: 875 0846 5732

Passcode: 901337

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