



FOUNDATIONS DECEMBER 2022

CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

PLEASE READ:

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 after 48hrs. 😊

Topic: FOUNDATIONS (7AM US EST)

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

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

Dec 1, 2022 07:00

Dec 6, 2022 07:00

Dec 8, 2022 07:00

Dec 13, 2022 07:00

Dec 15, 2022 07:00

Dec 20, 2022 07:00

Dec 22, 2022 07:00

Dec 27, 2022 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMpf-](https://us02web.zoom.us/meeting/tZMpf-ggqzkuE9bBaa2r9Z90fEsmQWnqL48N/ics?icsToken=98tyKuGvqjMpEtGxtBCFRpweBoqgb_zwmHpbj_pfvh7kUTIKWFqmMMdRP4NIHsn8)

[ggqzkuE9bBaa2r9Z90fEsmQWnqL48N/ics?icsToken=98tyKuGvqjMpEtGxtBCFRpweBoqgb_zwmHpbj_pfvh7kUTIKWFqmMMdRP4NIHsn8](https://us02web.zoom.us/meeting/tZMpf-ggqzkuE9bBaa2r9Z90fEsmQWnqL48N/ics?icsToken=98tyKuGvqjMpEtGxtBCFRpweBoqgb_zwmHpbj_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

+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)

+1 719 359 4580 US

+1 646 558 8656 US (New York)

+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

Meeting ID: 874 8385 2492

Passcode: 609728

Find your local number: <https://us02web.zoom.us/j/kcXj0tmSm>

Topic: FOUNDATIONS (2PM US EST)

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

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

Dec 1, 2022 14:00

Dec 6, 2022 14:00

Dec 8, 2022 14:00

Dec 13, 2022 14:00

Dec 15, 2022 14:00

Dec 20, 2022 14:00

Dec 22, 2022 14:00

Dec 27, 2022 14:00

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

Weekly: https://us02web.zoom.us/meeting/tZcvc-irpiooGdXky3jx69s1Y_c8Va86m20N/ics?icsToken=98tyKuGrrD8rGdyUshqGRpwqAl-gd-nxiH5Bjadllwa2CTgFOxCnD91BaoR-Sl7d

Join Zoom Meeting

<https://us02web.zoom.us/j/83241381231?pwd=cIBTdjBwZG5QM0N0M0FkSis2L0tPZz09>

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

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+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)

+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

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)

Dec 1, 2022 20:00

Dec 6, 2022 20:00

Dec 8, 2022 20:00

Dec 13, 2022 20:00

Dec 15, 2022 20:00

Dec 20, 2022 20:00

Dec 22, 2022 20:00

Dec 27, 2022 20:00

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

Weekly:

https://us02web.zoom.us/meeting/tZ0kce2trj8iEtTne62VHs1Pd_ZpBCHKJBS/ics?icsToken=98tyKuGhpz0uH9SRuBGARpx5HY_oLO_ziClHj7dzqBHg_VXJlShCnBuZ9CKJdM_D7

Join Zoom Meeting

<https://us02web.zoom.us/j/89964504887?pwd=SXRLWENTZ0JpcnNsdnN6ZTM4VU9lZz09>

Meeting ID: 899 6450 4887

Passcode: 157134

One tap mobile

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

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

Dial by your location

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+1 719 359 4580 US

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+1 564 217 2000 US

+1 646 558 8656 US (New York)

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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

+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>