

SKILLS + DECEMBER

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 email can be empty. This helps expedite your request. The recording is available for 24 hrs from the time it was recorded. Please do not request classes past 2 days. ©

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Topic: +SKILLS PLUS+
Time: Dec 1, 2022 08:00 Eastern Time (US and Canada)
    Every week on Thu, Tue, Sat, 12 occurrence(s)
    Dec 1, 2022 08:00
    Dec 3, 2022 08:00
    Dec 6, 2022 08:00
    Dec 8, 2022 08:00
    Dec 10, 2022 08:00
    Dec 13, 2022 08:00
    Dec 15, 2022 08:00
    Dec 17, 2022 08:00
    Dec 20, 2022 08:00
    Dec 22, 2022 08:00
    Dec 24, 2022 08:00
    Dec 27, 2022 08:00
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZElcumgqTsrHNByOeWAcmwpEBRsfPOpqHVr/ics?icsToken=98tyKuGtpj4qEtOVsR-
DRpwMGo 4c zwtmJcgo1 hU gNAFQbxTmE8BwlbRPQMjB
```

Join Zoom Meeting
https://us02web.zoom.us/i/85850870164?pwd=RHI4VnhSMUM4RTRHamM1b3U0OHJBUT09

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Meeting ID: }8585087016
Passcode: }61703
One tap mobile
+13462487799,,85850870164#,,,,*617033# US (Houston)
+16694449171,,85850870164#,,,,*617033# US
Dial by your location
    +13462487799 US (Houston)
    +16694449171 US
    +16699009128 US (San Jose)
    +17193594580 US
    +12532050468 US
    +1253215 8782 US (Tacoma)
    +15642172000 US
    +1646558 8656 US (New York)
    +16469313860 US
    +16892781000 US
    +1 3017158592 US (Washington DC)
    +13052241968 US
    +13092053325 US
    +13126266799 US (Chicago)
    +13602095623 US
```

+1 3863475053 US
+15074734847 US
Meeting ID: 85850870164
Passcode: 617033
Find your local number: https://us02web.zoom.us/u/keDgbmOtxc

