

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 24hrs from the time it was recorded. Please do not request classes past 2 days. ©

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.

DRpwMGo 4c zwtmJcgo1 hU gNAFQbxTmE8BwIbRPQMjB

Join Zoom Meeting

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

Meeting ID: 858 5087 0164

Passcode: 617033

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- +1 646 558 8656 US (New York)
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- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
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 $\textbf{Find your local number:} \ \underline{ https://us02web.zoom.us/u/keDgbmOtxc} \\$