



D1Y



DECEMBER STRETCHLETIC—TWICE A WEEK

Please make sure to have a mat, two blocks and a yoga towel.

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.

Topic: STRETCHLETIC 2X WKLY

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

Every day, 8 occurrence(s)

Dec 1, 2022 19:00

Dec 2, 2022 19:00

Dec 3, 2022 19:00

Dec 4, 2022 19:00

Dec 5, 2022 19:00

Dec 6, 2022 19:00

Dec 7, 2022 19:00

Dec 8, 2022 19:00

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-BYigWfzxiClajfp4jhTXLQF0SAraOc59J7RaAP35

Join Zoom Meeting

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

Meeting ID: 881 0888 4715

Passcode: 819924

One tap mobile

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Dial by your location

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+1 507 473 4847 US

+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

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