



D1Y



DECEMBER

STRONGER TOGETHER

All 3 class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: 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)

Dec 2, 2022 09:00

Dec 5, 2022 09:00

Dec 7, 2022 09:00

Dec 9, 2022 09:00

Dec 12, 2022 09:00

Dec 14, 2022 09:00

Dec 16, 2022 09:00

Dec 19, 2022 09:00

Dec 21, 2022 09:00

Dec 23, 2022 09:00

Dec 26, 2022 09:00

Dec 28, 2022 09:00

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

Weekly:

https://us02web.zoom.us/meeting/tZckde2pqz8jE9OYqmlpcrAEIh25p19KjllE/ics?picsToken=98tyKuGrpzkuG9GRuRCA RpwqHYjoLOvwmCIEj_pypQ7oDzBQcCLTOuoQZ6luSfPa

Join Zoom Meeting

<https://us02web.zoom.us/j/83924154997?pwd=MjBOeEI1T00rMXp3b0k0QkNBU1lhZz09>

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
- +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)
- +1 689 278 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)
- +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)

Dec 2, 2022 13:00

Dec 5, 2022 13:00

Dec 7, 2022 13:00

Dec 9, 2022 13:00

Dec 12, 2022 13:00

Dec 14, 2022 13:00

Dec 16, 2022 13:00

Dec 19, 2022 13:00

Dec 21, 2022 13:00

Dec 23, 2022 13:00

Dec 26, 2022 13:00

Dec 28, 2022 13:00

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

Weekly: https://us02web.zoom.us/meeting/tZApdO6prDotHdTMMxiyne-EMpcEow2rjRVp/ics?icsToken=98tyKuGsqjgtG9aUtx6HRpwlBojCKOvzpn5agqdpstL9Cjldz07TG_JBF71oQsra

Join Zoom Meeting

<https://us02web.zoom.us/j/84437121770?pwd=QjBhY0tsMDBCVTdvZlIxU3pPR1l0Zz09>

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)
- +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
- +1 689 278 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)
- +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)

Dec 2, 2022 19:00

Dec 5, 2022 19:00

Dec 7, 2022 19:00

Dec 9, 2022 19:00

Dec 12, 2022 19:00

Dec 14, 2022 19:00

Dec 16, 2022 19:00

Dec 19, 2022 19:00

Dec 21, 2022 19:00

Dec 23, 2022 19:00

Dec 26, 2022 19:00

Dec 28, 2022 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMod-](https://us02web.zoom.us/meeting/tZMod-GsqD4tGdan5jEUUjstvPYhJaUVh7BGF/ics?icsToken=98tyKuGvqzsiHtKQtxqFRpwEGYigWeiwpjVajadckkrvJhVmaBDgBttKGLNKJtCH)

[GsqD4tGdan5jEUUjstvPYhJaUVh7BGF/ics?icsToken=98tyKuGvqzsiHtKQtxqFRpwEGYigWeiwpjVajadckkrvJhVmaBDgBttKGLNKJtCH](https://us02web.zoom.us/meeting/tZMod-GsqD4tGdan5jEUUjstvPYhJaUVh7BGF/ics?icsToken=98tyKuGvqzsiHtKQtxqFRpwEGYigWeiwpjVajadckkrvJhVmaBDgBttKGLNKJtCH)

Join Zoom Meeting

<https://us02web.zoom.us/j/87508465732?pwd=Zk1hM3pVS29UNHgyOWlqNUxoaS9YZz09>

Meeting ID: 875 0846 5732

Passcode: 901337

One tap mobile

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

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

Dial by your location

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+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)

+1 386 347 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

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

Meeting ID: 875 0846 5732

Passcode: 901337

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