



DAY1YOGA MONTH ACCESS: JANUARY 2023

Welcome to **January** and the DAY1YOGA Membership! HAPPY NEW YEAR and thanks for joining me! For those of you that don't know by now, I am available to connect, and get to know you better. I'm invested in you! I encourage you to reach out directly with any questions, comments, or compliments about classes or training or any workouts. Please keep my number at +1-773-443-9636 and feel free to text/whatsapp me or hang out after class. Please keep all office questions/recording requests/administrative needs/complaints (haha) to Dottie at assist.day1yoga@gmail.com

All ZOOM codes are in this email. Please keep it for the month as it will have everything you need, including a calendar of events.

Please use the **included iCal links to set reminders!** I want you to get the most out of this month and that means **showing up to class!** Following this PDF, Dottie will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love,

Day

MEMBER FOLDER:

For you, as a member, we continue to maintain a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before removal. Please know it is **preferable for you to be live in class** and not rely on recordings 😊

PLEASE DO NOT SHARE THE FOLDER 😊

The link for the Members Showcase is:

<https://vimeo.com/showcase/10068523>

Password: newyearwhodis



JANUARY MEMBERSHIP CALENDAR

LEG DAY DRILLS

Saturdays starting January 7th, 9am US EST (4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays January 2nd 9am, 1pm, & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting January 3rd at 7am, 2pm, & 8PM US EST (8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays January 2nd at 10am US EST (12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting January 3rd at 7pm US EST (8 meetings)

SKILLS

MWF starting January 2nd 8pm US EST (12 classes)

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting January 3rd, at 8am US EST (12 classes)

Topic: LEG DAY DRILLS

Time: Jan 7, 2023 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

Jan 7, 2023 09:00

Jan 14, 2023 09:00

Jan 21, 2023 09:00

Jan 28, 2023 09:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZ0sfu2hrDoiG9bYU2sCikRfOzmqta7YNocy/ics?icsToken=98tyKuGhrzIuE9aUuBiFRpx5BYr4LPPzpn5HifpSg3EANaaTHwGfhPI6Z-R-H->

Join Zoom Meeting

<https://us02web.zoom.us/j/89194921812?pwd=bIVXVE5jSUhGbTZ0dVVkb0hTeXdudz09>

Meeting ID: 891 9492 1812

Passcode: 950642

One tap mobile

+12532050468,,89194921812#,,,,*950642# US

+12532158782,,89194921812#,,,,*950642# 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

+1 360 209 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

+1 312 626 6799 US (Chicago)

Meeting ID: 891 9492 1812

Passcode: 950642

Find your local number: <https://us02web.zoom.us/u/keHDUHvEfp>

Topic: FOUNDATIONS (7AM US EST)

Time: Jan 3, 2023 07:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZwod-igpz4tHdGi04pMuvuCYy3QFYijZHyW/ics?icsToken=98tyKuGgqzsrEt2Qtx6CRpw-GYigd_zxmCVagqd6lk-xEw1GdBbVD_sRA5RGGfLg

Join Zoom Meeting

<https://us02web.zoom.us/j/88501895775?pwd=S2NPcko0R293cEIQREVDskx2Q2NoQT09>

Meeting ID: 885 0189 5775

Passcode: 288236

One tap mobile

+16694449171,,88501895775#,,,,*288236# US

+16699009128,,88501895775#,,,,*288236# 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)
+1 360 209 5623 US
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+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)

Meeting ID: 885 0189 5775

Passcode: 288236

Find your local number: <https://us02web.zoom.us/j/kgcynR5MZ>

Topic: FOUNDATIONS (2PM US EST)

Time: Jan 3, 2023 14:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZEtcO6upz4vE9LF8CK025up4ALi6khtMe2P/ics?icsToken=98tyKuGtrjwH2QtRCBRpwMAo_CKO7xmCVYj_pxukfGKHABNXbmYsNuG-ROGMz9

Join Zoom Meeting

<https://us02web.zoom.us/j/85077695596?pwd=RG9TcDNpa0ZOOU16UngzWWJjZyt4Zz09>

Meeting ID: 850 7769 5596

Passcode: 927670

One tap mobile

+13462487799,,85077695596#,,,,*927670# US (Houston)

+16694449171,,85077695596#,,,,*927670# US

Dial by your location

+1 346 248 7799 US (Houston)
+1 669 444 9171 US
+1 669 900 9128 US (San Jose)
+1 719 359 4580 US
+1 253 205 0468 US
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+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: 850 7769 5596

Passcode: 927670

Find your local number: <https://us02web.zoom.us/j/86487737887>

Topic: FOUNDATIONS (8PM US EST)
Time: Jan 3, 2023 20:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZlpf-6vrTwiEtMOJ1-ES_tWtELFiEYaRom/ics?icsToken=98tyKuGuqjMtHdeSuBGARpwABogqKO3ztmZHi7dwszWOTgVgXRfBIsduFjt1NeHR

Join Zoom Meeting

<https://us02web.zoom.us/j/86487737887?pwd=NkU3UDJjV3JGWWMrK2F0ck5lUR5dz09>

Meeting ID: 864 8773 7887

Passcode: 962475

One tap mobile

+17193594580,,86487737887#,,,,*962475# US

+12532050468,,86487737887#,,,,*962475# 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: 864 8773 7887

Passcode: 962475

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

Topic: STRETCHLETIC 2XWKLY
Time: Jan 3, 2023 19:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZwkd-GspjsuH9KzXgoPUMUwoZfVnIXDOckI/ics?icsToken=98tyKuGgpzsiHtyVtByBRpw-HYigWejxiGJbgvp2hifiDBBmTzvhOdhEBLxWKPz>

Join Zoom Meeting

<https://us02web.zoom.us/j/88908480456?pwd=MHBZNFFXcUxXeUpnQmlXWINVRIQ3Zz09>

Meeting ID: 889 0848 0456

Passcode: 018782

One tap mobile

+12532050468,,88908480456#,,,,*018782# US
+12532158782,,88908480456#,,,,*018782# 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
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+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: 889 0848 0456

Passcode: 018782

Find your local number: <https://us02web.zoom.us/j/84106054400>

Topic: STRETCHLETIC 3XWKLY

Time: Jan 2, 2023 10:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZAsd--ogz8uGtQKFim6htlDk2oVJbmH-ezV/ics?icsToken=98tyKuGsrzssGtGRtBmHRpwIBYigM_TwmClibdstznsDnZbdg_SPbBNBjh9HfCd

Join Zoom Meeting

<https://us02web.zoom.us/j/84106054400?pwd=MStBRlRGTi9iVud4TlIhOUlRMMkpMdz09>

Meeting ID: 841 0605 4400

Passcode: 804190

One tap mobile

+16699009128,,84106054400#,,,,*804190# US (San Jose)

+17193594580,,84106054400#,,,,*804190# 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
+1 507 473 4847 US
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+1 646 931 3860 US
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+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

Meeting ID: 841 0605 4400

Passcode: 804190

Find your local number: <https://us02web.zoom.us/j/kct6r34xPf>

Topic: SKILLS

Time: Jan 2, 2023 20:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/join/82130169646?pwd=VGlVQk5NTXZlZ0k1TVJnWCtGbU5sdz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/82130169646?pwd=VGlVQk5NTXZlZ0k1TVJnWCtGbU5sdz09>

Meeting ID: 821 3016 9646

Passcode: 693306

One tap mobile

+13462487799,,82130169646#,,,,*693306# US (Houston)

+16694449171,,82130169646#,,,,*693306# US

Dial by your location

+1 346 248 7799 US (Houston)

+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)

+1 312 626 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: 821 3016 9646

Passcode: 693306

Topic: SKILL PLUS +

Time: Jan 3, 2023 08:00 Eastern Time (US and Canada)

Every week on Tue, Thu, Sat, 12 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/join/82338026809?pwd=eFhyT1dFaHBva1VNNHprQ1dSSC9ydz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/82338026809?pwd=eFhyT1dFaHBva1VNNHprQ1dSSC9ydz09>

Meeting ID: 823 3802 6809

Passcode: 914718

One tap mobile

+17193594580,,82338026809#,,,,*914718# US

+12532050468,,82338026809#,,,,*914718# US

Dial by your location

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

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+1 669 444 9171 US

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+1 646 931 3860 US
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+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
Meeting ID: 823 3802 6809
Passcode: 914718
Find your local number: <https://us02web.zoom.us/j/krRypWV5e>

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)

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

Weekly:

https://us02web.zoom.us/meeting/tZckde2pqz8jE9OYqmlpcrAElh25p19KjllE/ics?icsToken=98tyKuGrpzkG9GRuRCARpwwHYjoLOvwmCLEj_pypQ7oDzBQcCLTOuoQZ6luSfPa

Join Zoom Meeting

<https://us02web.zoom.us/j/83924154997?pwd=MjB0eE1T00rMXp3b0k0QkNBU1lhZz09>

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/kevOs1JlEt>

Topic: STRONGER TOGETHER (9am US EST)
Time: Jan 2, 2023 09:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly: <https://us02web.zoom.us/j/87360107401?pwd=QVJ1bWMrR3pJRDRzRlkrWDE3dUZHUT09>

Join Zoom Meeting

<https://us02web.zoom.us/j/87360107401?pwd=QVJ1bWMrR3pJRDRzRlkrWDE3dUZHUT09>

Meeting ID: 873 6010 7401

Passcode: 677933

One tap mobile

+17193594580,,87360107401#,,,,*677933# US

+12532050468,,87360107401#,,,,*677933# 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)

+1 386 347 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: 873 6010 7401

Passcode: 677933

Find your local number: <https://us02web.zoom.us/j/87360107401?pwd=QVJ1bWMrR3pJRDRzRlkrWDE3dUZHUT09>

Topic: STRONGER TOGETHER (1PM US EST)

Time: Jan 2, 2023 13:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly: <https://us02web.zoom.us/j/82681777152?pwd=V3hnSEhJQW9oQTRBOWNHRDR1b1BmUT09>

Join Zoom Meeting

<https://us02web.zoom.us/j/82681777152?pwd=V3hnSEhJQW9oQTRBOWNHRDR1b1BmUT09>

Meeting ID: 826 8177 7152

Passcode: 508066

One tap mobile

+12532050468,,82681777152#,,,,*508066# US

+12532158782,,82681777152#,,,,*508066# 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

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+1 719 359 4580 US

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+1 564 217 2000 US
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+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)

Meeting ID: 826 8177 7152

Passcode: 508066

Find your local number: <https://us02web.zoom.us/j/kn6PRkcOx>

Topic: STRONGER TOGETHER (7PM US EST)

Time: Jan 2, 2023 19:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZAtdOipriIsHdlpRjr1co2XRBntqCe9bFDE/ics?icsToken=98tyKuGsrigrG9SctH6BRpwlAoiCd-vziFhdggd0iC3vEXFQbVHOBMBMJqNcFYHS>

Join Zoom Meeting

<https://us02web.zoom.us/j/84031109676?pwd=bjY0OXdnNSUkNkNWVtSUZyeXduK2ltZz09>

Meeting ID: 840 3110 9676

Passcode: 000599

One tap mobile

+12532050468,,84031109676#,,,,*000599# US

+12532158782,,84031109676#,,,,*000599# US (Tacoma)

Dial by your location

+1 253 205 0468 US
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+1 564 217 2000 US
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+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: 840 3110 9676

Passcode: 000599

Find your local number: <https://us02web.zoom.us/j/kb9L4kjhM>