



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: FAST TRACK SKILLS

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

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

Mar 2, 2023 19:00

Mar 7, 2023 19:00

Mar 9, 2023 19:00

Mar 14, 2023 19:00

Mar 16, 2023 19:00

Mar 21, 2023 19:00

Mar 23, 2023 19:00

Mar 28, 2023 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZUocemoqj4qEtToGtEtN9nZgZnacdCHNy1i8/ics?icsToken=98tyKuGpqz0qGtCQsBGHRpwcGY_oc_TwiCVfi7dpkziAFw4KbDnxDOxDMbZcOPbj

Join Zoom Meeting

<https://us02web.zoom.us/j/81560045080?pwd=ZnJoRVVlTGZaES5STdESWgwNFJlQT09>

Meeting ID: 815 6004 5080

Passcode: 080001

One tap mobile

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Dial by your location

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+1 360 209 5623 US

+1 386 347 5053 US

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+1 564 217 2000 US

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+1 646 931 3860 US

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