



DAY1YOGA MONTH ACCESS: FEBRUARY 2023

Welcome to **FEBRUARY** and the DAY1YOGA Membership! 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/10148221>

Password: walkthepath



FEBRUARY MEMBERSHIP CALENDAR

LEG DAY DRILLS

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

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays February 1st 9am, 1pm, & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting February 2nd at 7am, 2pm, & 8PM US EST (8 meetings)

STRETCHLETIC 3x

Mondays, Wednesdays, and Fridays February 1st at 10am US EST (12 meetings)

STRETCHLETIC 2x

Tuesdays and Thursdays starting February 2nd at 7pm US EST (8 meetings)

SKILLS

MWF starting February 1st 8pm US EST (12 classes)

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting February 2nd, at 8am US EST (12 classes)

Topic: LEG DAY FEBRUARY

Time: Feb 4, 2023 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

Feb 4, 2023 09:00

Feb 11, 2023 09:00

Feb 18, 2023 09:00

Feb 25, 2023 09:00

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

Weekly: [https://us02web.zoom.us/meeting/tZcf-](https://us02web.zoom.us/meeting/tZcf-6oqT0rHdKQvNEjG06gtSJzgs1RxBb/ics?icsToken=98tyKuGrpIMtGtOTsR6BRpwqGogqKPTwtiFcgqd2rQnLJip0MlXltFoGKh4A4ni)

[6oqT0rHdKQvNEjG06gtSJzgs1RxBb/ics?icsToken=98tyKuGrpIMtGtOTsR6BRpwqGogqKPTwtiFcgqd2rQnLJip0MlXltFoGKh4A4ni](https://us02web.zoom.us/meeting/tZcf-6oqT0rHdKQvNEjG06gtSJzgs1RxBb/ics?icsToken=98tyKuGrpIMtGtOTsR6BRpwqGogqKPTwtiFcgqd2rQnLJip0MlXltFoGKh4A4ni)

Join Zoom Meeting

<https://us02web.zoom.us/j/83887076176?pwd=SHpxM3dDYStNSlp0MFIU2FoZzBMdz09>

Meeting ID: 838 8707 6176

Passcode: 814382

One tap mobile

+13462487799,,83887076176#,,,,*814382# US (Houston)

+166944449171,,83887076176#,,,,*814382# 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)

+1 646 931 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

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 838 8707 6176

Passcode: 814382

Find your local number: <https://us02web.zoom.us/j/kbjOw5SJLL>

Topic: FOUNDATIONS (7AM US EST)

Time: Feb 2, 2023 07:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZAvC06rrj4uG9wxcwcChaMPZ3RO4IBXWuT4/ics?icsToken=98tyKuGsrDwtGdSQtBiPRpwIAI_CKOnziCVbjfpKh

[BzyAANbYy7GDLFwHeZWMuDn](https://us02web.zoom.us/meeting/tZAvC06rrj4uG9wxcwcChaMPZ3RO4IBXWuT4/ics?icsToken=98tyKuGsrDwtGdSQtBiPRpwIAI_CKOnziCVbjfpKh)

Join Zoom Meeting

<https://us02web.zoom.us/j/84277305418?pwd=cnNFTnMyanp1cUxpWmJpUEs1ZXBPZz09>

Meeting ID: 842 7730 5418

Passcode: 229587

One tap mobile

+13462487799,,84277305418#,,,,*229587# US (Houston)

+16694449171,,84277305418#,,,,*229587# US

Dial by your location

+1 346 248 7799 US (Houston)

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+1 253 215 8782 US (Tacoma)

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+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

Meeting ID: 842 7730 5418

Passcode: 229587

Find your local number: <https://us02web.zoom.us/j/kdGWRCj4Ed>

Topic: FOUNDATIONS (2PM US EST)

Time: Feb 2, 2023 14:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZMlc-GurDksHdaWKzHwls1y2lXlFf6odfYl/ics?icsToken=98tyKuGvpi8iHNaXth6FRpwEGo-gWe7zpnpdggdcqzT_Kzd6cVLvZMt6O5R5RtfU

Join Zoom Meeting

<https://us02web.zoom.us/j/87848622672?pwd=VmdJbFZsVjlZWnNKNjBoT2pMNVFiQT09>

Meeting ID: 878 4862 2672

Passcode: 320654

One tap mobile

+12532050468,,87848622672#,,,,*320654# US

+12532158782,,87848622672#,,,,*320654# US (Tacoma)

Dial by your location

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

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+1 669 900 9128 US (San Jose)

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+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: 878 4862 2672

Passcode: 320654

Find your local number: <https://us02web.zoom.us/j/kbcJL29ijG>

Topic: FOUNDATIONS (8PM US EST)

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZEsdEgSrzkIHnREaFrJpShKkByChdNDUiypp/ics?icsToken=98tyKuGtrzkiHtWXuB-HRpwMBYjoWeizmHpHgo1vuR7DEQpDUQvdPcBbEbp7PvzI>

Join Zoom Meeting

<https://us02web.zoom.us/j/85128412860?pwd=V0VhYmFDZDlvWVY0aG1mOCs5OWFnUT09>

Meeting ID: 851 2841 2860

Passcode: 293212

One tap mobile

+12532050468,,85128412860#,,,,*293212# US

+12532158782,,85128412860#,,,,*293212# US (Tacoma)

Dial by your location

+1 253 205 0468 US
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+1 346 248 7799 US (Houston)
+1 669 444 9171 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: 851 2841 2860

Passcode: 293212

Find your local number: <https://us02web.zoom.us/j/kezC0CkAp>

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

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

Weekly: https://us02web.zoom.us/meeting/tZlocu-opjshdERo1ySJvQ5ZtrPOx7vSHJo/ics?icsToken=98tyKuGuqz4sGtyVsx6CRpwAGY_4M_TxiGJegqd4rhCOGhN5VBKjDPZwAp1nR87i

Join Zoom Meeting
<https://us02web.zoom.us/j/86556080375?pwd=L3ViTiVKeFc3ZmNMYXlsVm05dG9kQT09>

Meeting ID: 865 5608 0375
Passcode: 664165
One tap mobile
+12532158782,,86556080375#,,,,*664165# US (Tacoma)
+13462487799,,86556080375#,,,,*664165# US (Houston)

Dial by your location
+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
+1 253 205 0468 US
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+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: 865 5608 0375
Passcode: 664165
Find your local number: <https://us02web.zoom.us/u/kc7bGly2NV>

Topic: STRETCH (3XWKLY)
Time: Feb 1, 2023 10:00 Eastern Time (US and Canada)
Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZckd-CqrTsiHNWCyGLMolifBYWovfLDeDI3/ics?icsToken=98tyKuGrpziGNeVuB-GRpwqHYigXerztmJHgo1qvwbCLw1cTgrwFnt1PaR5PPzV>

Join Zoom Meeting
<https://us02web.zoom.us/j/83909230861?pwd=RU1HblpnVkt2SzY5TGISSt3eENaZz09>

Meeting ID: 839 0923 0861
Passcode: 247854
One tap mobile
+17193594580,,83909230861#,,,,*247854# US
+12532050468,,83909230861#,,,,*247854# 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
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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: 839 0923 0861

Passcode: 247854

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

Topic: SKILLS

Time: Feb 1, 2023 20:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZYrf-](https://us02web.zoom.us/meeting/tZYrf-GrqD4oGtSbI9aoezxmZ5N4GdVS4krb/ics?icsToken=98tyKuGqgDMiGdKQshMHRpwQBggWenwpiVBibdunhO8Ai9WeBv7DLdsZpV7JuuE)

[GrqD4oGtSbI9aoezxmZ5N4GdVS4krb/ics?icsToken=98tyKuGqgDMiGdKQshMHRpwQBggWenwpiVBibdunhO8Ai9WeBv7DLdsZpV7JuuE](https://us02web.zoom.us/meeting/tZYrf-GrqD4oGtSbI9aoezxmZ5N4GdVS4krb/ics?icsToken=98tyKuGqgDMiGdKQshMHRpwQBggWenwpiVBibdunhO8Ai9WeBv7DLdsZpV7JuuE)

Join Zoom Meeting

<https://us02web.zoom.us/j/82688365200?pwd=ei9wYUlwS2FNVk5UYU9lU0NNOHdMz09>

Meeting ID: 826 8836 5200

Passcode: 663944

One tap mobile

+12532050468,,82688365200#,,,,*663944# US

+12532158782,,82688365200#,,,,*663944# 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
+1 689 278 1000 US
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+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: 826 8836 5200

Passcode: 663944

Find your local number: <https://us02web.zoom.us/j/kcPunF1FV4>

Topic: SKILLS PLUS++++

Time: Feb 2, 2023 08:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZlvfuuvqD0qHtLbMaEJBPKilHPfOom_nuim/ics?icsToken=98tyKuGurDloHdKtsB2BRpwAAIr4a-3wpiFfgrdxnjLkJgpxUij_H8pyNJ1QHefe

Join Zoom Meeting

<https://us02web.zoom.us/j/86292766046?pwd=dE1qVUc5Z0E5ZXV2aWpaZTdJWkkwQT09>

Meeting ID: 862 9276 6046

Passcode: 348120

One tap mobile

+16699009128,,86292766046#,,,,*348120# US (San Jose)

+17193594580,,86292766046#,,,,*348120# 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)

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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: 862 9276 6046

Passcode: 348120

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

Topic: STRONGER (9AM US EST)

Time: Feb 1, 2023 09:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZMpdeqhqj4tE9f9NByMmBw71gfziMMDAVsB/ics?icsToken=98tyKuGvqjkeE9CQtxCERpwEBojob_PwiCVaj_pbxTHHGg1eQBSHz-VEKltSPfzx

Join Zoom Meeting

<https://us02web.zoom.us/j/87423945793?pwd=bSsxdytEU3dsR1JXd0VXQ2haOXA5Zz09>

Meeting ID: 874 2394 5793

Passcode: 102630

One tap mobile

+17193594580,,87423945793#,,,,*102630# US

+12532050468,,87423945793#,,,,*102630# US

Dial by your location

+1 719 359 4580 US
+1 253 205 0468 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: 874 2394 5793

Passcode: 102630

Find your local number: <https://us02web.zoom.us/j/kbN34vi5aj>

Topic: STRONGER (1PM US EST)

Time: Feb 1, 2023 13:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZUtduutqTguG9B0eLf17-2Cb8ZLUdalteZW/ics?icsToken=98tyKuGprjooH9OWtBiDRpwcAoi4a-wtnZbjfp_zBrJBXEEL1HVNLP4Hod7EdTE

Join Zoom Meeting

<https://us02web.zoom.us/j/81012573414?pwd=WFlwK01hdG1yVlJlRdVlTK3RyQXBpUT09>

Meeting ID: 810 1257 3414

Passcode: 342609

One tap mobile

+12532050468,,81012573414#,,,,*342609# US

+12532158782,,81012573414#,,,,*342609# US (Tacoma)

Dial by your location

+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: 810 1257 3414

Passcode: 342609

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

Topic: STRONGER (7PM US EST)
Time: Feb 1, 2023 19:00 Eastern Time (US and Canada)
Every week on Wed, Mon, Fri, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZOrf-yhrT8vE9VQOimuYG1jeRwQ4DWAi8zG/ics?icsToken=98tyKuGhqDMvE9eRtRCGRpx5BlqgZ_Pztilyi_prszDsDjVqRVL8M9BVA-ZbJ_n5

Join Zoom Meeting

<https://us02web.zoom.us/j/89685934591?pwd=RFNiMUdQdXUyWmFGdTRoUUYxU1ZlWUT09>

Meeting ID: 896 8593 4591

Passcode: 487131

One tap mobile

+17193594580,,89685934591#,,,,*487131# US

+12532050468,,89685934591#,,,,*487131# US

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)

+1 646 931 3860 US

+1 689 278 1000 US

Meeting ID: 896 8593 4591

Passcode: 487131

Find your local number: <https://us02web.zoom.us/j/kcg5Oi2008>