

SKILLS + MARCH 2023

## 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 24 hrs from the time it was recorded. Please do not request classes past 2 days. ©

```
Topic: SKILLS PLUS +
Time: Mar 2, 2023 08:00 Eastern Time (US and Canada)
    Every week on Thu, Tue, Sat, 12 occurrence(s)
    Mar 2, 2023 08:00
    Mar 4, 2023 08:00
    Mar 7, 2023 08:00
    Mar 9, 2023 08:00
    Mar 11, 2023 08:00
    Mar 14, 2023 08:00
    Mar 16, 2023 08:00
    Mar 18, 2023 08:00
    Mar 21, 2023 08:00
    Mar 23, 2023 08:00
    Mar 25, 2023 08:00
    Mar 28, 2023 08:00
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZwuceisqz8uE9RVFfu-ZKMuTAFwXm7s7oOH/ics?icsToken=98tyKuGgrTOrHtGRtBCHRpw-A4 od-
jwmClbj_pvajnjFm1pSS7jAsNkJYpyR8uH
```

Join Zoom Meeting
https://us02web.zoom.us/i/88361454490?pwd=M1RGMTRjUmpxaENJMGp3WidRK3ZvQT09

```
Meeting ID: 88361454490
Passcode: }96899
One tap mobile
+13462487799,,88361454490#,,,,*968993# US (Houston)
+16694449171,,88361454490#,,,,*968993# US
Dial by your location
    +1 346 2487799 US (Houston)
    +1669444 9171 US
    +16699009128 US (San Jose)
    +1719 3594580 US
    +1 2532050468 US
    +1253215 8782 US (Tacoma)
    +1689278 1000 US
    +1 301715 8592 US (Washington DC)
    +13052241968 US
    +1309205 3325 US
    +13126266799 US (Chicago)
    +1 360 2095623 US
    +13863475053 US
    +15074734847 US
    +15642172000 US
    +1646 558 8656 US (New York)
    +16469313860 US
Meeting ID: 88361454490
Passcode: }96899
Find your local number: https://us02web.zoom.us/u/kNWkGqDYP
```

