

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 24hrs 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=98tyKuGgrT0rHtGRtBCHRpw-A4_od-jwmClbj_pvqjnjFm1pSS7jAsNkJYpyR8uH

Join Zoom Meeting

https://us02web.zoom.us/j/88361454490?pwd=M1RGMTRjUmpxaENJMGp3WjdRK3ZvQT09

Meeting ID: 883 6145 4490

Passcode: 968993

One tap mobile

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Dial by your location

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- +1 669 900 9128 US (San Jose)
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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +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: 883 6145 4490

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 $\textbf{Find your local number:} \ \underline{\text{https://us02web.zoom.us/u/kNWkGqDYP}} \\$