



# D1Y



## MARCH STRETCHLETIC—TWICE A WEEK

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](mailto: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: STRECHLETIC (2XWKLY)

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/tZUocemoqj4qEtToGEtN9nZgZnacdCHNy1i8/ics?icsToken=98tyKuGpqz0qGtCQsBGHRpwcGY\\_oc\\_TwiCVfi7dpkziAFw4KbDnxDOxDMbZcOPbj](https://us02web.zoom.us/meeting/tZUocemoqj4qEtToGEtN9nZgZnacdCHNy1i8/ics?icsToken=98tyKuGpqz0qGtCQsBGHRpwcGY_oc_TwiCVfi7dpkziAFw4KbDnxDOxDMbZcOPbj)

Join Zoom Meeting

<https://us02web.zoom.us/j/81560045080?pwd=ZnJoRVVlTGZaES5SSTdESWgwNFJlQT09>

Meeting ID: 815 6004 5080

Passcode: 080001

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+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

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+1 564 217 2000 US

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