



D1Y



MARCH 2023

STRONGER TOGETHER

All 3 class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: STRONGER TOGETHER 9AM US EST

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

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

Mar 1, 2023 09:00

Mar 3, 2023 09:00

Mar 6, 2023 09:00

Mar 8, 2023 09:00

Mar 10, 2023 09:00

Mar 13, 2023 09:00

Mar 15, 2023 09:00

Mar 17, 2023 09:00

Mar 20, 2023 09:00

Mar 22, 2023 09:00

Mar 24, 2023 09:00

Mar 27, 2023 09:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZcrduyvpj8oHtPjWGzPle1K0X8MuhkfDNeS/ics?icsToken=98tyKuGrqDovHdyRsh2ARpwqBlij4Z-3xiClBgrdtlijCGRB6Z1LdZtoaH6d3G970>

Join Zoom Meeting

<https://us02web.zoom.us/j/83615784247?pwd=c0JWSUZHSgVvQTNcCWRRhQVppWHUrdz09>

Meeting ID: 836 1578 4247

Passcode: 105573

One tap mobile

+17193594580,,83615784247#,,,,*105573# US

+12532050468,,83615784247#,,,,*105573# 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
- +1 669 900 9128 US (San Jose)
- +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
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US

Meeting ID: 836 1578 4247

Passcode: 105573

Find your local number: <https://us02web.zoom.us/j/k3A2enYw3>

Topic: STRONGER TOGETHER 1PM US EST

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

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

Mar 1, 2023 13:00

Mar 3, 2023 13:00

Mar 6, 2023 13:00

Mar 8, 2023 13:00

Mar 10, 2023 13:00

Mar 13, 2023 13:00

Mar 15, 2023 13:00

Mar 17, 2023 13:00

Mar 20, 2023 13:00

Mar 22, 2023 13:00

Mar 24, 2023 13:00

Mar 27, 2023 13:00

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

Weekly: <https://us02web.zoom.us/meeting/tZYkdOGgqzltHdNGZKqk3UHIMiq8x-aodd9X/ics?icsToken=98tyKuGqpzgiEtGctx6ARpwQHYjCWfzwmFhagqdzuyXOEisAVyvfG-tTagoyEdfU>

Join Zoom Meeting

<https://us02web.zoom.us/j/82938859777?pwd=Zi9OeVVqV0dKUFRaWExVdmh5U2doUT09>

Meeting ID: 829 3885 9777

Passcode: 239731

One tap mobile

+17193594580,,82938859777#,,,,*239731# US
+12532050468,,82938859777#,,,,*239731# 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
- +1 669 900 9128 US (San Jose)
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
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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

Meeting ID: 829 3885 9777

Passcode: 239731

Find your local number: <https://us02web.zoom.us/j/kMTtc1h0M>

Topic: STRONGER TOGETHER 7PM US EST

Time: Mar 1, 2023 19:00 Eastern Time (US and Canada)

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

- Mar 1, 2023 19:00
- Mar 3, 2023 19:00
- Mar 6, 2023 19:00
- Mar 8, 2023 19:00
- Mar 10, 2023 19:00
- Mar 13, 2023 19:00
- Mar 15, 2023 19:00
- Mar 17, 2023 19:00
- Mar 20, 2023 19:00
- Mar 22, 2023 19:00
- Mar 24, 2023 19:00
- Mar 27, 2023 19:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZwpdOGrrzkuH9QF9VclhkUmuSRHGqUNxCTH/ics?icsToken=98tyKuGgajgiGdW XtByHRpw-BojCWenzmHpbgvpsukbTACxbaTb7I9FwGpVuJfbI>

Join Zoom Meeting

<https://us02web.zoom.us/j/88438312450?pwd=cEFkRUZrTHE0a1hrMXA5YW1lVnA1UT09>

Meeting ID: 884 3831 2450

Passcode: 957368

One tap mobile

+13462487799,,88438312450#,,,,*957368# US (Houston)

+16694449171,,88438312450#,,,,*957368# 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)

+1 564 217 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

+1 386 347 5053 US

+1 507 473 4847 US

Meeting ID: 884 3831 2450

Passcode: 957368

Find your local number: <https://us02web.zoom.us/j/88438312450?pwd=Qkpppk1pf22>