



DAY1YOGA MONTH ACCESS: MARCH 2023

Welcome to **MARCH** 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

NEW CLASS! FAST TRACK SKILLS! This skills class is designed to target isometric, concentric, and eccentric handstand skills all together in one 30 min session!

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/10208737>

Password: belikewater



MARCH MEMBERSHIP CALENDAR

LEG DAY DRILLS

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

STRONGER TOGETHER

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

FOUNDATIONS

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

STRETCHLETIC 3x

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

FAST TRACK SKILLS

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

SKILLS

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

+SKILLS PLUS+

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

Topic: LEG DAY
Time: Mar 4, 2023 09:00 Eastern Time (US and Canada)
Every week on Sat, 4 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/meeting/tZMpde6hrzwpGtAlg1CsORdjSPU5Pipj0ux/ics?icsToken=98tyKuGvqjktE9WSsxmDRpwEBojoKPPzmGZeibd8tRivUgNATTHyPNFyB-dPGcja>

Join Zoom Meeting

<https://us02web.zoom.us/j/87427917304?pwd=d3NsbXJGaUZVbzNMNGlvTHVHbG9pdz09>

Meeting ID: 874 2791 7304

Passcode: 724220

One tap mobile

+13462487799,,87427917304#,,,,*724220# US (Houston)

+16694449171,,87427917304#,,,,*724220# 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: 874 2791 7304

Passcode: 724220

Find your local number: <https://us02web.zoom.us/j/kJSxkW259>

Topic: FOUNDATIONS 7am US EST

Time: Mar 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/tZArdOCupzwtHNDy-11mBfUmnYNIaSX4bF5O/ics?icsToken=98tyKuGsqDgijHN2Stx-ERpwIBljCXe7xmGZago1ZhVK0Ui1xZDb7ONtsG7NMKizS>

Join Zoom Meeting

<https://us02web.zoom.us/j/84639697763?pwd=aUdHS05sd3FRr1JSRmJOUHpVdk1BUT09>

Meeting ID: 846 3969 7763

Passcode: 598177

One tap mobile

+12532158782,,84639697763#,,,,*598177# US (Tacoma)

+13462487799,,84639697763#,,,,*598177# 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
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+1 507 473 4847 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)
+1 360 209 5623 US
+1 386 347 5053 US

Meeting ID: 846 3969 7763

Passcode: 598177

Find your local number: <https://us02web.zoom.us/j/keE8UYHbtg>

Topic: FOUNDATIONS 2PM US EST

Time: Mar 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/tZUvduGhrTMsG9yp->

[OAbTQ7xOdYiiW0EqLmC/ics?icsToken=98tyKuGprDoiE9edthiPRpwcAli4WfpZtlxdjfpEjFLKliJnU1TuGeZ7O7tIP_3B](https://us02web.zoom.us/j/keE8UYHbtg)

Join Zoom Meeting

<https://us02web.zoom.us/j/81218938618?pwd=RWFjeEVibIR4b3VrcE9nZTVWNTNKdz09>

Meeting ID: 812 1893 8618

Passcode: 880620

One tap mobile

+13462487799,,81218938618#,,,,*880620# US (Houston)

+16694449171,,81218938618#,,,,*880620# US

Dial by your location

+1 346 248 7799 US (Houston)
+1 669 444 9171 US
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+1 719 359 4580 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

Meeting ID: 812 1893 8618

Passcode: 880620

Find your local number: <https://us02web.zoom.us/j/kmiQq7Oah>

Topic: FOUNDATIONS 8PM US EST

Time: Mar 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/tZErfugsqjstEt01kXszRYFcrVXtbRkK4nIb/ics?icsToken=98tyKuGtqDIpHtCVtxGORpwMBIr4b-jwiGJaj7cNzRTdEDphWyX1JNR6JrBNG_OE

Join Zoom Meeting

<https://us02web.zoom.us/j/85693440789?pwd=U2hiR2RRajZqOTB6QXhXWVpFTkpZQT09>

Meeting ID: 856 9344 0789

Passcode: 361203

One tap mobile

+16694449171,,85693440789#,,,,*361203# US

+16699009128,,85693440789#,,,,*361203# US (San Jose)

Dial by your location

+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)

+1 346 248 7799 US (Houston)

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+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

Meeting ID: 856 9344 0789

Passcode: 361203

Find your local number: <https://us02web.zoom.us/j/keA9YXX4id>

Topic: FAST TRACK SKILLS

Time: Mar 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/tZUocemoj4qEtToGtN9nZgZnacCHNy1j8/ics?icsToken=98tyKuGpqz0qGtCQsBGHRpwcGY_oc_TwiCVfj7dpkziAFw4KbDnxDOxDMbZcOPbj](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZUocemoj4qEtToGtN9nZgZnacCHNy1j8/ics?icsToken=98tyKuGpqz0qGtCQsBGHRpwcGY_oc_TwiCVfj7dpkziAFw4KbDnxDOxDMbZcOPbj)

Join Zoom Meeting

<https://us02web.zoom.us/j/81560045080?pwd=ZnJoRVVITGYzaE5SSTdESWgwNFJLQT09>

Meeting ID: 815 6004 5080

Passcode: 080001

One tap mobile

+13462487799,,81560045080#,,,,*080001# US (Houston)

+16694449171,,81560045080#,,,,*080001# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

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+1 719 359 4580 US

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+1 253 215 8782 US (Tacoma)

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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: 815 6004 5080

Passcode: 080001

Find your local number: <https://us02web.zoom.us/u/kciClUKnR4>

Topic: STRETCHLETIC (3XWKLY)

Time: Mar 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/tZYqdO2pqTiiHNxHdmGtxOjQ2rVEQDN8Bb4N/ics?icsToken=98tyKuGqqTguG9OcuB-PRpQB4jCLOvwlhHgo1FtBvoJDRlMgnHZPB0F4NbPoDy>

Join Zoom Meeting

<https://us02web.zoom.us/j/82734179868?pwd=QnBwRHBOUXB1RmN6cCttclpERHkrZz09>

Meeting ID: 827 3417 9868

Passcode: 676681

One tap mobile

+12532050468,,82734179868#,,,,*676681# US

+12532158782,,82734179868#,,,,*676681# 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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+1 309 205 3325 US
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+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)

Meeting ID: 827 3417 9868

Passcode: 676681

Find your local number: <https://us02web.zoom.us/j/82734179868>

Topic: SKILLS

Time: Mar 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/tZMpfuipz8qHNSoZBPqvD4FL0uDI1q15lm/ics?icsToken=98tyKuGvqjlrG92RsB-HRpwEBor4d-vxmClfgo1ukyXHMzBCdCeiEM4SJ5ZWJMmB>

Join Zoom Meeting

<https://us02web.zoom.us/j/87491194060?pwd=dzlUdXlzUFZadFJjN1hReFduaFowQT09>

Meeting ID: 874 9119 4060

Passcode: 747929

One tap mobile

+13462487799,,87491194060#,,,,*747929# US (Houston)

+16694449171,,87491194060#,,,,*747929# 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

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+1 253 215 8782 US (Tacoma)

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+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: 874 9119 4060

Passcode: 747929

Find your local number: <https://us02web.zoom.us/j/87491194060>

Topic: SKILLS PLUS +

Time: Mar 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/tZwuceisqz8uE9RVFfu-ZKMuTAFwXm7s7oOH/ics?icsToken=98tyKuGgrT0rHtGrtBCHRpW-A4_od-
jwmClbj_pvgjnjFm1pSS7jAsNkjYpyR8uH](https://us02web.zoom.us/meeting/tZwuceisqz8uE9RVFfu-ZKMuTAFwXm7s7oOH/ics?icsToken=98tyKuGgrT0rHtGrtBCHRpW-A4_od-
jwmClbj_pvgjnjFm1pSS7jAsNkjYpyR8uH)

Join Zoom Meeting

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

Meeting ID: 883 6145 4490

Passcode: 968993

One tap mobile

+13462487799,,88361454490#,,,,*968993# US (Houston)

+16694449171,,88361454490#,,,,*968993# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

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+1 309 205 3325 US

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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

Meeting ID: 883 6145 4490

Passcode: 968993

Find your local number: <https://us02web.zoom.us/u/kNWkGqDYP>

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)

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

Weekly: [https://us02web.zoom.us/meeting/tZcrduyvpj8oHTPIWGzPIe1K0X8MuhkfdNeS/ics?icsToken=98tyKuGrqDovHdyRsh2ARpwqBlj4Z-
3xiClBgrdtliiCGRB6Z1LdZtoaH6d3G970](https://us02web.zoom.us/meeting/tZcrduyvpj8oHTPIWGzPIe1K0X8MuhkfdNeS/ics?icsToken=98tyKuGrqDovHdyRsh2ARpwqBlj4Z-
3xiClBgrdtliiCGRB6Z1LdZtoaH6d3G970)

Join Zoom Meeting

<https://us02web.zoom.us/j/83615784247?pwd=c0JWSUZHSZHSVQVQTNcWRrhQVppWHUrdz09>

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

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+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/82938859777>

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)

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: <https://us02web.zoom.us/meeting/tZYkdOGgzltHdNGZKqk3UHIMiq8x-aodd9X/ics?icsToken=98tyKuGqzgiEtGctx6ARpwQHYjCWfzwmFhagqduyXOEisAVyvfG-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
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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)
Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZwpdOGrrzkuH9QF9VclhkUmuSRHGqUNxCTH/ics?icsToken=98tyKuGgqigiGdWXtByHRpw-BojCWenzmHpbgvpsukbTACxbaTb7I9FwGpVuJfbI](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZwpdOGrrzkuH9QF9VclhkUmuSRHGqUNxCTH/ics?icsToken=98tyKuGgqigiGdWXtByHRpw-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)

+166944449171,,88438312450#,,,,*957368# US

Dial by your location

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+1 507 473 4847 US

Meeting ID: 884 3831 2450

Passcode: 957368

Find your local number: <https://us02web.zoom.us/j/88438312450?pwd=cEFkRUZrTHE0a1hrMXA5YW1lVnA1UT09>