



CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

**PLEASE READ:**

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. Please do not request classes after 48hrs. 😊

Topic: FOUNDATIONS (7AM US EST)

Time: Apr 4, 2023 07:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Apr 4, 2023 07:00

Apr 6, 2023 07:00

Apr 11, 2023 07:00

Apr 13, 2023 07:00

Apr 18, 2023 07:00

Apr 20, 2023 07:00

Apr 25, 2023 07:00

Apr 27, 2023 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZwscu2gqzorGdPvxV2IrgVFtw6FrJevJN\\_d/ics?icsToken=98tyKuGgrz4uEtGUsRqARpw-BY\\_4LPzwmH5cjadtigfTUSxBZTXQIvUUFKBVFc76](https://us02web.zoom.us/meeting/tZwscu2gqzorGdPvxV2IrgVFtw6FrJevJN_d/ics?icsToken=98tyKuGgrz4uEtGUsRqARpw-BY_4LPzwmH5cjadtigfTUSxBZTXQIvUUFKBVFc76)

Join Zoom Meeting

<https://us02web.zoom.us/j/88154851137?pwd=QUNmNittR2NJZWxpeEVKemdlOUgvdz09>

Meeting ID: 881 5485 1137

Passcode: 960593

One tap mobile

+16694449171,,88154851137#,,,,\*960593# US

+16699009128,,88154851137#,,,,\*960593# 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)

+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: 881 5485 1137

Passcode: 960593

Find your local number: <https://us02web.zoom.us/j/835IPSTTw>

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Topic: FOUNDATIONS (1PM US EST)

Time: Apr 4, 2023 13:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Apr 4, 2023 13:00

Apr 6, 2023 13:00

Apr 11, 2023 13:00

Apr 13, 2023 13:00

Apr 18, 2023 13:00

Apr 20, 2023 13:00

Apr 25, 2023 13:00

Apr 27, 2023 13:00

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

Weekly: [https://us02web.zoom.us/meeting/tZcrdOigpiloHtH-g9AvwtEPd-9HcSHpwYf8/ics?icsToken=98tyKuGrqDgrEtycsx2CRpwqBljCd\\_zxiFhegrd10Ri8ljZEdibGMq8bGrFMOMjH](https://us02web.zoom.us/meeting/tZcrdOigpiloHtH-g9AvwtEPd-9HcSHpwYf8/ics?icsToken=98tyKuGrqDgrEtycsx2CRpwqBljCd_zxiFhegrd10Ri8ljZEdibGMq8bGrFMOMjH)

Join Zoom Meeting

<https://us02web.zoom.us/j/83631889345?pwd=c3prSk9zcWw4U1VDMXBOOUxUMGE2QT09>

Meeting ID: 836 3188 9345

Passcode: 058751

One tap mobile

+17193594580,,83631889345#,,,,\*058751# US

+12532050468,,83631889345#,,,,\*058751# US

Dial by your location

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+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)

+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: 836 3188 9345

Passcode: 058751

Find your local number: <https://us02web.zoom.us/j/87146776790>

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Topic: FOUNDATIONS (7PM US EST)

Time: Apr 4, 2023 19:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Apr 4, 2023 19:00

Apr 6, 2023 19:00

Apr 11, 2023 19:00

Apr 13, 2023 19:00

Apr 18, 2023 19:00

Apr 20, 2023 19:00

Apr 25, 2023 19:00

Apr 27, 2023 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMsc--vqT0tE9RA3CbzCNbmcakcT\\_7ZtXT/ics?icsToken=98tyKuGvrz8sHdOTxCHRpwEBY-gM-3wtiFaj\\_pvvUzGASpJQS300-FDObFLL4\\_q](https://us02web.zoom.us/meeting/tZMsc--vqT0tE9RA3CbzCNbmcakcT_7ZtXT/ics?icsToken=98tyKuGvrz8sHdOTxCHRpwEBY-gM-3wtiFaj_pvvUzGASpJQS300-FDObFLL4_q)

Join Zoom Meeting

<https://us02web.zoom.us/j/87146776790?pwd=QzBDaVc5WU1xT0lwbGtDNmFFbFhmQT09>

Meeting ID: 871 4677 6790

Passcode: 358630

One tap mobile

+16699009128,,87146776790#,,,,\*358630# US (San Jose)

+17193594580,,87146776790#,,,,\*358630# US

Dial by your location

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+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

+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)

Meeting ID: 871 4677 6790

Passcode: 358630

Find your local number: <https://us02web.zoom.us/j/kbhqzBc1x>