



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

Time: Apr 3, 2023 20:00 Eastern Time (US and Canada)

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

Apr 3, 2023 20:00
Apr 5, 2023 20:00
Apr 7, 2023 20:00
Apr 10, 2023 20:00
Apr 12, 2023 20:00
Apr 14, 2023 20:00
Apr 17, 2023 20:00
Apr 19, 2023 20:00
Apr 21, 2023 20:00
Apr 24, 2023 20:00
Apr 26, 2023 20:00
Apr 28, 2023 20:00

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

Weekly: https://us02web.zoom.us/meeting/tZUlcuugrTwrE9MCzy48iHtQM-M2pItBcDlx/ics?icsToken=98tyKuGppi4oEteSsRCARpwcGo_4a_zztmZci_pwwwX8V3haShfHG69vYKJWBPrT

Join Zoom Meeting

<https://us02web.zoom.us/j/81852837197?pwd=dmZNaml4T1cweXAvTic5cDlDU0kzUT09>

Meeting ID: 818 5283 7197

Passcode: 574023

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