



SKILLS MAY 2023

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: May 1, 2023 20:00 Eastern Time (US and Canada)

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

May 1, 2023 20:00

May 3, 2023 20:00

May 5, 2023 20:00

May 8, 2023 20:00

May 10, 2023 20:00

May 12, 2023 20:00

May 15, 2023 20:00

May 17, 2023 20:00

May 19, 2023 20:00

May 22, 2023 20:00

May 24, 2023 20:00

May 26, 2023 20:00

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

Weekly: https://us02web.zoom.us/j/85053754867?pwd=dU9heTJPejZ0NVg0K1ZWcGFNbmR3Zz09FP2Rcc/ics?icsToken=98tyKuGtri4pHdGRuB-ARpwMAo_4b-3wmClHgo1tvjLSJDFZdgDXYM5va7tANuiC

Join Zoom Meeting

<https://us02web.zoom.us/j/85053754867?pwd=dU9heTJPejZ0NVg0K1ZWcGFNbmR3Zz09>

Meeting ID: 850 5375 4867

Passcode: 114416

One tap mobile

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+1 564 217 2000 US

+1 646 558 8656 US (New York)

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+1 689 278 1000 US

+1 301 715 8592 US (Washington DC)

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