



DAY1YOGA MONTH ACCESS: JUNE 2023

Welcome to **JUNE** and the DAY1YOGA Membership! I am happy that we have a dedicated crew for Summer 2023! You are getting TWO BONUS DAYS this month (June 29 and 30 will be normally scheduled classes) at no extra charge.

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 2x a week and 3x a week. This skills class is designed to target isometric, concentric, and eccentric handstand skills all together in one 30 min session! There is also another addition of LEG DAY SLOW, designed to target lower body strength. Be mindful of some schedule changes to your regular classes this month.

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/10421197>

Password: MAGIC



JUNE MEMBERSHIP CALENDAR

LEG DAY DRILLS FAST

Saturdays starting June 3rd, 9am US EST (4 meetings)

LEG DAY SLOW

Wednesday June 7th @ 9am US EST (4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays June 2nd 10am & 7pm US EST (13 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting June 1st, at 7am, 1pm, & 7pm US EST (9 meetings)

FAST TRACK SKILLS (3XWKLY)

Mondays, Wednesdays, and Fridays June 2nd at 11am US EST (13 meetings)

FAST TRACK SKILLS (2XWKLY)

Tuesdays and Thursdays starting June 1st at 8pm US EST (9 meetings)

SKILLS

MWF starting June 2nd @ 8pm US EST (13 classes)

+SKILLS PLUS+

Tuesday, Thursday, and Saturday starting June 1st at 8am US EST (13 classes)

Topic: LEG DAY DRILLS FAST

Time: Jun 3, 2023 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

Jun 3, 2023 09:00

Jun 10, 2023 09:00

Jun 17, 2023 09:00

Jun 24, 2023 09:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZcpdOGopzouHdc2cOuidegAZmPccY2PEGv5/ics?icsToken=98tyKuGrjgiGt2UtB6ERpwqBojCWfTxmH5bgqdezhzKFilXzWtXDO9yEbFGQuj1>

Join Zoom Meeting

<https://us02web.zoom.us/j/83438091473?pwd=dFkrWER4bWt1SW0vMGJkSWg2TEZwdz09>

Meeting ID: 834 3809 1473

Passcode: 180267

One tap mobile

+12532158782,,83438091473#,,,,*180267# US (Tacoma)

+13462487799,,83438091473#,,,,*180267# 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

+1 253 205 0468 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

+1 689 278 1000 US

Meeting ID: 834 3809 1473

Passcode: 180267

Find your local number: <https://us02web.zoom.us/u/k03g33omR>

Topic: LEG DAY SLOW

Time: Jun 7, 2023 09:00 Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

Jun 7, 2023 09:00

Jun 14, 2023 09:00

Jun 21, 2023 09:00

Jun 28, 2023 09:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYqfuqqjsoE9wff2cgKWugat_aESCs1mIJ/ics?icsToken=98tyKuGqqTlpG9CVshCPRpwQB4r4b-vwiGJBi_pKmhM3ACd4VRbxN_Z9M5dMM8uB

Join Zoom Meeting

<https://us02web.zoom.us/j/82793140298?pwd=ZDhaMUptZHEwUWt5bHZKTEZabUc4QT09>

Meeting ID: 827 9314 0298

Passcode: 529325

One tap mobile

+16699009128,,82793140298#,,,,*529325# US (San Jose)

+17193594580,,82793140298#,,,,*529325# US

Dial by your location

+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)

+1 669 444 9171 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

+1 689 278 1000 US

Meeting ID: 827 9314 0298

Passcode: 529325

Find your local number: <https://us02web.zoom.us/u/kH5MacYba>

Topic: STRONGER JUNE 10AM US EST

Time: Jun 2, 2023 10:00 Eastern Time (US and Canada)

Every week on Fri, Mon, Wed, 13 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZwkcOihqDwiHtE0gzDLboHgksnbtccenAbpd/ics?icsToken=98tyKuGgpzwrE9KSuB2CRpw-HY_Cd_PwpmZHgrd4zBi_JwxRbSvxPffMMKZ8Fdbx

Join Zoom Meeting

<https://us02web.zoom.us/j/88971967845?pwd=Y3VaUFZhV0dNaVZRn2xFYUo5MU9pUT09>

Meeting ID: 889 7196 7845

Passcode: 400340

One tap mobile

+16694449171,,88971967845#,,,,*400340# US

+16699009128,,88971967845#,,,,*400340# 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)

+1 646 931 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: 889 7196 7845
Passcode: 400340
Find your local number: <https://us02web.zoom.us/j/kcYpxwALN4>

Topic: STRONGER JUNE 7PM US EST
Time: Jun 2, 2023 19:00 Eastern Time (US and Canada)
Every week on Fri, Mon, Wed, 13 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: <https://us02web.zoom.us/meeting/tZ0od-mtqzwpHdP5fBYcOzoGzRJ06XTDPlm4/ics?icsToken=98tyKuGhqzsqH9GSsx6ARpx5GYigc-wmGZegqdyRnHOiMDeAzRLNBoYuRHJPzg>

Join Zoom Meeting
<https://us02web.zoom.us/j/89500557377?pwd=QzdWUzRXR2ZLNmhSTjVpcmtZeE83Zz09>

Meeting ID: 895 0055 7377
Passcode: 325435
One tap mobile
+12532158782,,89500557377#,,,,*325435# US (Tacoma)
+13462487799,,89500557377#,,,,*325435# 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
+1 253 205 0468 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
+1 689 278 1000 US
Meeting ID: 895 0055 7377
Passcode: 325435
Find your local number: <https://us02web.zoom.us/j/kexJVUN0pQ>

Topic: FOUNDATIONS 7AM US EST

Time: Jun 1, 2023 07:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 9 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZYlde-vpi8qG9lwN5bzOisXPC-P8BZbnZwd/ics?icsToken=98tyKuGqpjksHdyRsBiBRpwQGojoM-3xiClfjfp0izGwATp8axDOBsEPAupdKtre>

Join Zoom Meeting

<https://us02web.zoom.us/j/82826784016?pwd=TG5iSOVLMkVUXR1d1BOTytCd1ZVUT09>

Meeting ID: 828 2678 4016

Passcode: 175334

One tap mobile

+13462487799,,82826784016#,,,,*175334# US (Houston)

+16694449171,,82826784016#,,,,*175334# 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)

+1 309 205 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

+1 689 278 1000 US

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

Meeting ID: 828 2678 4016

Passcode: 175334

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

Topic: FOUNDATIONS 1PM US EST

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

Every week on Thu, Tue, 9 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZUod-CorDgvE9R7ViYgHmDOom_9zW479W-g/ics?icsToken=98tyKuGqpzsjGtaWtRCHRpwcGYigXfTzpnZYj_pvyvnyOjF7byfZOe99a6hIRI-J

Join Zoom Meeting

<https://us02web.zoom.us/j/81509023590?pwd=UC91NctVWE5nYnNOSijtYXR2cGxiUT09>

Meeting ID: 815 0902 3590

Passcode: 030595

One tap mobile

+12532050468,,81509023590#,,,,*030595# US

+12532158782,,81509023590#,,,,*030595# 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
+1 669 900 9128 US (San Jose)
+1 719 359 4580 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
+1 386 347 5053 US

Meeting ID: 815 0902 3590

Passcode: 030595

Find your local number: <https://us02web.zoom.us/j/81509023590>

Topic: FOUNDATIONS 7PM US EST

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

Every week on Thu, Tue, 9 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZllc--opzwwG9CLc3giC6Q6ml3rkSisu5oG/ics?icsToken=98tyKuGupj8sGt2StRiDRpwAGo-gM_TxmGZYifp-sBy2BCLwNDKgO8sRILlMGcvF

Join Zoom Meeting

<https://us02web.zoom.us/j/86846097514?pwd=aGp5Z0k3UExvTmptVFlyRXJ0Ulh0Zz09>

Meeting ID: 868 4609 7514

Passcode: 658963

One tap mobile

+13462487799,,86846097514#,,,,*658963# US (Houston)
+16694449171,,86846097514#,,,,*658963# 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)
+1 301 715 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

+1 689 278 1000 US
Meeting ID: 868 4609 7514
Passcode: 658963
Find your local number: <https://us02web.zoom.us/j/kbBvRpQvOd>

Topic: FAST TRACK SKILLS (2XWKLY)
Time: Jun 1, 2023 20:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 9 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZUpceqgpi4rE9Tg5IHC9TNw68ZXZVAOUXgh/ics?icsToken=98tyKuGpgi0pEtyQsRCHRpwcbOb_zxiCVci_ppmOrMKwMKVi3hYLp4CohJMffl

Join Zoom Meeting

<https://us02web.zoom.us/j/81463885190?pwd=b3E5TGtueVVXT1VyVksiNVdwZExnUT09>

Meeting ID: 814 6388 5190
Passcode: 992597
One tap mobile
+16699009128,,81463885190#,,,,*992597# US (San Jose)
+17193594580,,81463885190#,,,,*992597# US

Dial by your location

+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)
+1 669 444 9171 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)
+1 360 209 5623 US

Meeting ID: 814 6388 5190
Passcode: 992597
Find your local number: <https://us02web.zoom.us/j/kkZuanUEp>

Topic: FAST TRACK SKILLS (3XWKLY)
Time: Jun 2, 2023 11:00 Eastern Time (US and Canada)
Every week on Fri, Wed, Mon, 13 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZArfu6qqT4jE9RavR135wFztaKQbmia06mQ/ics?icsToken=98tyKuGsqDItGNOQuRCHRpwBlr4KOrwtiVEj_pvnQnXUnMGdSXsluNpA7ByGdmA

Join Zoom Meeting

<https://us02web.zoom.us/j/84697275990?pwd=VjI1d0k0V1hheTFDdU9MeFpUeDZjQT09>

Meeting ID: 846 9727 5990
Passcode: 564831
One tap mobile
+12532050468,,84697275990#,,,,*564831# US
+12532158782,,84697275990#,,,,*564831# 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
+1 669 900 9128 US (San Jose)
+1 719 359 4580 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
+1 689 278 1000 US
+1 301 715 8592 US (Washington DC)
+1 305 224 1968 US
+1 309 205 3325 US

Meeting ID: 846 9727 5990
Passcode: 564831
Find your local number: <https://us02web.zoom.us/j/kA6sbOn8C>

Topic: SKILLS PLUS
Time: Jun 1, 2023 08:00 Eastern Time (US and Canada)
Every week on Thu, Tue, Sat, 13 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZ0sfuiorT0oH9Lx4GiSmqMxwK05ysbW43zM/ics?icsToken=98tyKuGhrzlrGteTshyBRpx5BYr4d_TztiFBgvpxhEvCChNecyZuicksZ6tsEu-E

Join Zoom Meeting
<https://us02web.zoom.us/j/89191036256?pwd=YkZpZFFacEhxWFNTT21aNXM5ZTFZUT09>

Meeting ID: 891 9103 6256
Passcode: 393052
One tap mobile
+16699009128,,89191036256#,,,,*393052# US (San Jose)
+17193594580,,89191036256#,,,,*393052# US

Dial by your location
+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)
+1 669 444 9171 US
+1 646 558 8656 US (New York)
+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

Meeting ID: 891 9103 6256
Passcode: 393052
Find your local number: <https://us02web.zoom.us/j/keA9B2dtuy>

Topic: SKILLS JUNE

Time: Jun 2, 2023 20:00 Eastern Time (US and Canada)

Every week on Fri, Mon, Wed, 13 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZURdOmurzkoH9G6c3kq-FVtRfVhVlK48xhu/ics?icsToken=98tyKuGpqDgqHNWXshyCRpwcBljCc-7zmHpBgvp6yhy2CDEeRDXiBORUOr5pO4y>

Join Zoom Meeting

<https://us02web.zoom.us/j/81630612255?pwd=WWxzTEd2Z3lma1JocFlpS05Ycmh6UT09>

Meeting ID: 816 3061 2255

Passcode: 275740

One tap mobile

+16694449171,,81630612255#,,,,*275740# US

+16699009128,,81630612255#,,,,*275740# 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)

+1 507 473 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

+1 386 347 5053 US

Meeting ID: 816 3061 2255

Passcode: 275740

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