



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

Every week on Tue, Thu, 7 occurrence(s)

Jul 4, 2023 07:00

Jul 6, 2023 07:00

Jul 11, 2023 07:00

Jul 13, 2023 07:00

Jul 18, 2023 07:00

Jul 20, 2023 07:00

Jul 25, 2023 07:00

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

Weekly: https://us02web.zoom.us/meeting/tZMpduqhqi0sHNM6rHx3coV2dgyDuGi8L-B_/ics?icsToken=98tyKuGvgjopE9CTth-ARpwEBoj4b_PwiCFdgo1wyg3NG3NQbTWkMuVUFqdYGYD8

Join Zoom Meeting

<https://us02web.zoom.us/j/87413946667?pwd=SlpwN29HSkVUWUZGL3VPYWo2UkR2Zz09>

Meeting ID: 874 1394 6667

Passcode: 909476

One tap mobile

+17193594580,,87413946667#,,,,*909476# US

+12532050468,,87413946667#,,,,*909476# US

Dial by your location

• +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

• +1 669 900 9128 US (San Jose)

- +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
- +1 564 217 2000 US

Meeting ID: 874 1394 6667

Passcode: 909476

Find your local number: <https://us02web.zoom.us/j/kdlg8MvyeB>

Topic: FOUNDATIONS 1PM US EST

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

Every week on Tue, Thu, 7 occurrence(s)

Jul 4, 2023 13:00

Jul 6, 2023 13:00

Jul 11, 2023 13:00

Jul 13, 2023 13:00

Jul 18, 2023 13:00

Jul 20, 2023 13:00

Jul 25, 2023 13:00

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

Weekly:

https://us02web.zoom.us/meeting/tZ0qdeuorT4uGNcrPDCcPiqZyaO54bZTwXJs/ics?icsToken=98tyKuGhgTkoGteQtBuERpx5B4joa_TztivbiY1eij_BICNjaBLML-NtZ-Z9KuzH

Join Zoom Meeting

<https://us02web.zoom.us/j/89722035423?pwd=amtxUnZZVlBoeXdwdkhlbWcrZTBERT09>

Meeting ID: 897 2203 5423

Passcode: 385499

One tap mobile

+16694449171,,89722035423#,,,,*385499# US

+16699009128,,89722035423#,,,,*385499# 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)

• +1 309 205 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: 897 2203 5423

Passcode: 385499

Find your local number: <https://us02web.zoom.us/j/kwoRu7vfn>

Topic: FOUNDATIONS 7PM US EST

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

Every week on Tue, Thu, 7 occurrence(s)

Jul 4, 2023 19:00

Jul 6, 2023 19:00

Jul 11, 2023 19:00

Jul 13, 2023 19:00

Jul 18, 2023 19:00

Jul 20, 2023 19:00

Jul 25, 2023 19:00

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

Weekly: https://us02web.zoom.us/meeting/tZ0vcOmhpjwiHNL53w90nqBc4tEcnhqj83pj/ics?icsToken=98tyKuGhrDwqE9ySuB-BRpx5AI_Cc_PxiGZHgo1xyUzyWnBdcyH1YvZnMbx3AdGI

Join Zoom Meeting

<https://us02web.zoom.us/j/89270987866?pwd=OWt0V1czZCtGblJ3dXdBRjVlUHhqQT09>

Meeting ID: 892 7098 7866

Passcode: 753678

One tap mobile

+13462487799,,89270987866#,,,,*753678# US (Houston)

+16694449171,,89270987866#,,,,*753678# US

Dial by your location

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• +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)

• +1 507 473 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

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• +1 312 626 6799 US (Chicago)

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Meeting ID: 892 7098 7866

Passcode: 753678

Find your local number: <https://us02web.zoom.us/j/89270987866?pwd=ZU5uZW5kdzFpUk51aU50aGZlUzRlZDZkdz09>