



## DAY1YOGA MONTH ACCESS: AUGUST 2023

Welcome to **AUGUST** and the DAY1YOGA Membership! I am happy that we have a dedicated crew for Summer 2023!

Even though we are starting a week late this month, I hope you were all able to take advantage of the Takeover/Showcase, and enjoy the recordings that were kept for you in the member's folder. The Takeover codes are included in this document as well; and the cooking class w/ @mightyroar and ingredients! 😊

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](mailto:assist.day1yoga@gmail.com)

**Please note the schedule changes: All Skills classes will be on M/W/F. All Fast Track Skills will be on Tu/Th/Sa. Leg day classes will be later on Wednesdays and Saturdays.**

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/10530379>

Password: sunshine



## AUGUST MEMBERSHIP CALENDAR

### LEG DAY DRILLS FAST

Saturdays starting August 12 @ 1pm US EST (4 meetings)

### LEG DAY SLOW

Wednesday August 9<sup>th</sup> @ 1pm US EST (4 meetings)

### STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting August 7<sup>th</sup> @ 9am & 7pm US EST (11 meetings)

### FOUNDATIONS

Tuesdays and Thursdays starting August 8<sup>th</sup> , @ 7am, 1pm, & 7pm US EST (7 meetings)

### FAST TRACK SKILLS (3XWKLY)

Saturdays, Tuesdays, and Thursdays August 8<sup>th</sup> @ 2pm US EST (11 meetings)

### FAST TRACK SKILLS (2XWKLY)

Tuesdays and Thursdays starting August 8<sup>th</sup> @ 8am and 8pm US EST (7 meetings)

### SKILLS

Mondays, Wednesdays, and Fridays starting August 7<sup>th</sup> @ 10am and 8pm US EST (11 classes)

Topic: LEG DAY SLOW

Time: Aug 9, 2023 13:00 Eastern Time (US and Canada)

Every week on Wed, 3 occurrence(s)

Aug 9, 2023 13:00

Aug 16, 2023 13:00

Aug 23, 2023 13:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0vcu6sqD4rE9apaXenHa66kA3dTurfdJC3/ics?icsToken=98tyKuGhrD4tHtKQsRCFRpx5AI\\_4KOiwpiVcj\\_pciB7dBi57Y1WgPcMRNoZqAt7U](https://us02web.zoom.us/meeting/tZ0vcu6sqD4rE9apaXenHa66kA3dTurfdJC3/ics?icsToken=98tyKuGhrD4tHtKQsRCFRpx5AI_4KOiwpiVcj_pciB7dBi57Y1WgPcMRNoZqAt7U)

Join Zoom Meeting

<https://us02web.zoom.us/j/89257465192?pwd=OHQ3SlRwTmxqRmJSYWRQdUtoTVEyZz09>

Meeting ID: 892 5746 5192

Passcode: 686599

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One tap mobile

+13462487799,,89257465192#,,,,\*686599# US (Houston)

+16694449171,,89257465192#,,,,\*686599# US

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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)
- +1 507 473 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: 892 5746 5192

Passcode: 686599

Find your local number: <https://us02web.zoom.us/j/kcPhkZXW2g>

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**Topic: LEG DAY FAST**

**Time: Aug 12, 2023 13:00 Eastern Time (US and Canada)**

**Every week on Sat, 3 occurrence(s)**

**Aug 12, 2023 13:00**

Aug 19, 2023 13:00

Aug 26, 2023 13:00

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

Weekly: [https://us02web.zoom.us/meeting/tZluc--vrD4vG9TTB06W\\_RAK9RdJX2q7tIFF/ics?icsToken=98tyKuGurT8sHdaQtRiHRpwAA4-gM-3zpiVYjfpqD21VRdsUCLdb9BGGlotAY\\_E](https://us02web.zoom.us/meeting/tZluc--vrD4vG9TTB06W_RAK9RdJX2q7tIFF/ics?icsToken=98tyKuGurT8sHdaQtRiHRpwAA4-gM-3zpiVYjfpqD21VRdsUCLdb9BGGlotAY_E)

Join Zoom Meeting

<https://us02web.zoom.us/j/86346725510?pwd=RGdFSWM2TTZ2K053R1ZHCtVOTkIMZz09>

Meeting ID: 863 4672 5510

Passcode: 180517

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One tap mobile  
+16699009128,,86346725510#,,,,\*180517# US (San Jose)  
+17193594580,,86346725510#,,,,\*180517# US

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Dial by your location

- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 US
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- +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: 863 4672 5510  
Passcode: 180517

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

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**Topic: STRONGER 9AM US EST**

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

**Every week on Mon, Wed, Fri, 10 occurrence(s)**

Aug 7, 2023 09:00  
Aug 9, 2023 09:00  
Aug 11, 2023 09:00  
Aug 14, 2023 09:00  
Aug 16, 2023 09:00  
Aug 18, 2023 09:00  
Aug 21, 2023 09:00  
Aug 23, 2023 09:00  
Aug 25, 2023 09:00  
Aug 28, 2023 09:00

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

Weekly: [https://us02web.zoom.us/meeting/tZAvf-](https://us02web.zoom.us/meeting/tZAvf-6vqz0iGtJRv9DYm1JwLpTNvFcgPAyG/ics?icsToken=98tyKuGsrDMtHdGTuBmBRpwlAlqgKO3wmCFHjbd3rgm8JxleMynhGvJ2HKRZE9_g)

[6vqz0iGtJRv9DYm1JwLpTNvFcgPAyG/ics?icsToken=98tyKuGsrDMtHdGTuBmBRpwlAlqgKO3wmCFHjbd3rgm8JxleMynhGvJ2HKRZE9\\_g](https://us02web.zoom.us/meeting/tZAvf-6vqz0iGtJRv9DYm1JwLpTNvFcgPAyG/ics?icsToken=98tyKuGsrDMtHdGTuBmBRpwlAlqgKO3wmCFHjbd3rgm8JxleMynhGvJ2HKRZE9_g)

Join Zoom Meeting

<https://us02web.zoom.us/j/84287756806?pwd=bndvUjRncTE0MlplSEowYzVKc3ozQT09>

Meeting ID: 842 8775 6806  
Passcode: 110890

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One tap mobile  
+13462487799,,84287756806#,,,,\*110890# US (Houston)  
+16694449171,,84287756806#,,,,\*110890# US

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Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 669 900 9128 US (San Jose)
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- +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: 842 8775 6806

Passcode: 110890

Find your local number: <https://us02web.zoom.us/j/kp86xFo8Y>

**Topic: STRONGER 7PM US EST**

**Time: Aug 7, 2023 19:00 Eastern Time (US and Canada)**

**Every week on Mon, Wed, Fri, 10 occurrence(s)**

- Aug 7, 2023 19:00
- Aug 9, 2023 19:00
- Aug 11, 2023 19:00
- Aug 14, 2023 19:00
- Aug 16, 2023 19:00
- Aug 18, 2023 19:00
- Aug 21, 2023 19:00
- Aug 23, 2023 19:00
- Aug 25, 2023 19:00
- Aug 28, 2023 19:00

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

Weekly: <https://us02web.zoom.us/meeting/tZAuf-uprT4uGdCX9sUSg2Yj2keJnVfEY43Y/ics?icsToken=98tyKuGsrTMOG9eQtBqDRpwlA4qga-vztiVbjad-pEb2NhNUMDr8ZOIHGLxJFv3p>

Join Zoom Meeting

<https://us02web.zoom.us/j/84382135434?pwd=cXlUZlJlN1dNdGlyYiRTM0U2bm5Udz09>

Meeting ID: 843 8213 5434

Passcode: 427315

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One tap mobile

- +12532050468,,84382135434#,,,,\*427315# US
- +12532158782,,84382135434#,,,,\*427315# US (Tacoma)

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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)
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- +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: 843 8213 5434

Passcode: 427315

Find your local number: <https://us02web.zoom.us/j/keH03pLR7t>

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**Topic: FOUNDATIONS 7AM US EST**

**Time: Aug 8, 2023 07:00 Eastern Time (US and Canada)**

**Every week on Tue, Thu, 6 occurrence(s)**

Aug 8, 2023 07:00

Aug 10, 2023 07:00

Aug 15, 2023 07:00

Aug 17, 2023 07:00

Aug 22, 2023 07:00

Aug 24, 2023 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZwrc-yrpzWjEtDrQV3mgjai-5DBoKblgJa3/ics?icsToken=98tyKuGgqD8vGd2SuRGDRpw-BI-gZ-nxmGZEj7d5ji7TUC1UaAL\\_e7dmEL1UEtTX](https://us02web.zoom.us/meeting/tZwrc-yrpzWjEtDrQV3mgjai-5DBoKblgJa3/ics?icsToken=98tyKuGgqD8vGd2SuRGDRpw-BI-gZ-nxmGZEj7d5ji7TUC1UaAL_e7dmEL1UEtTX)

Join Zoom Meeting

<https://us02web.zoom.us/j/88645397984?pwd=aWdKaGlmRGhvV3V2ZVdoMHJXdHV1UT09>

Meeting ID: 886 4539 7984

Passcode: 848689

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One tap mobile

+16699009128,,88645397984#,,,,\*848689# US (San Jose)

+17193594580,,88645397984#,,,,\*848689# US

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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)

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- +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: 886 4539 7984  
Passcode: 848689

Find your local number: <https://us02web.zoom.us/j/kyGIK5gNP>

**Topic: FOUNDATIONS 1PM US EST**

**Time: Aug 8, 2023 13:00 Eastern Time (US and Canada)**

**Every week on Tue, Thu, 6 occurrence(s)**

- Aug 8, 2023 13:00
- Aug 10, 2023 13:00
- Aug 15, 2023 13:00
- Aug 17, 2023 13:00
- Aug 22, 2023 13:00
- Aug 24, 2023 13:00

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

Weekly: [https://us02web.zoom.us/meeting/tZwvcuuqrDgsG9ZiQbh1hEuMlorpU89v6MS-/ics?icsToken=98tyKuGgrD4oGNaWthiFRpw-AI\\_4a-rzpnZdijfnli7nC3FbRxbbOu1QlocnSc6G](https://us02web.zoom.us/meeting/tZwvcuuqrDgsG9ZiQbh1hEuMlorpU89v6MS-/ics?icsToken=98tyKuGgrD4oGNaWthiFRpw-AI_4a-rzpnZdijfnli7nC3FbRxbbOu1QlocnSc6G)

Join Zoom Meeting

<https://us02web.zoom.us/j/88252223612?pwd=SHAYL0hNT0hRSTF5UWpBWIA4YldFQT09>

Meeting ID: 882 5222 3612  
Passcode: 488594

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One tap mobile

- +16699009128,,88252223612#,,,,\*488594# US (San Jose)
- +17193594580,,88252223612#,,,,\*488594# US

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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)
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- +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: 882 5222 3612  
Passcode: 488594

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

**Topic: FOUNDATIONS 7PM US EST**

**Time: Aug 8, 2023 19:00 Eastern Time (US and Canada)**

**Every week on Tue, Thu, 6 occurrence(s)**

- Aug 8, 2023 19:00
- Aug 10, 2023 19:00
- Aug 15, 2023 19:00
- Aug 17, 2023 19:00
- Aug 22, 2023 19:00
- Aug 24, 2023 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZApC-mhqjwsGdzB26YWjPPHJFZO8cS99TH/ics?icsToken=98tyKuGsqj8qE9CsthqPRpwIBo-gc\\_PwiGZdjadHvk2zOhdZUjPeHMR4HbAnE-uj](https://us02web.zoom.us/meeting/tZApC-mhqjwsGdzB26YWjPPHJFZO8cS99TH/ics?icsToken=98tyKuGsqj8qE9CsthqPRpwIBo-gc_PwiGZdjadHvk2zOhdZUjPeHMR4HbAnE-uj)

Join Zoom Meeting

<https://us02web.zoom.us/j/84440947638?pwd=NTJLSHBvTU52VE5qYk55Z3FETnBMQT09>

Meeting ID: 844 4094 7638  
Passcode: 906055

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One tap mobile

- +12532050468,,84440947638#,,,,\*906055# US
- +12532158782,,84440947638#,,,,\*906055# US (Tacoma)

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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)
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- +1 646 558 8656 US (New York)
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- +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: 844 4094 7638



Passcode: 906055

Find your local number: <https://us02web.zoom.us/j/89814940073>

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**Topic: FAST TRACK SKILLS 8AM US EST**

**Time: Aug 8, 2023 08:00 Eastern Time (US and Canada)**

**Every week on Tue, Thu, 6 occurrence(s)**

Aug 8, 2023 08:00  
Aug 10, 2023 08:00  
Aug 15, 2023 08:00  
Aug 17, 2023 08:00  
Aug 22, 2023 08:00  
Aug 24, 2023 08:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0ldu2hqisqHdfbKahx1fgg2Ad\\_1bb46ppr/ics?icsToken=98tyKuGhpiouE9CVsB6ERpx5Goi4LPPwiGJfgadbniTkCzgCZBLxZMNGDeN9EoyG](https://us02web.zoom.us/meeting/tZ0ldu2hqisqHdfbKahx1fgg2Ad_1bb46ppr/ics?icsToken=98tyKuGhpiouE9CVsB6ERpx5Goi4LPPwiGJfgadbniTkCzgCZBLxZMNGDeN9EoyG)

Join Zoom Meeting

<https://us02web.zoom.us/j/89814940073?pwd=NWdORVoydFJZRE1UbDJORVJqekV4UT09>

Meeting ID: 898 1494 0073

Passcode: 826059

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One tap mobile

+12532158782,,89814940073#,,,,\*826059# US (Tacoma)  
+13462487799,,89814940073#,,,,\*826059# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
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- +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: 898 1494 0073

Passcode: 826059

Find your local number: <https://us02web.zoom.us/j/89814940073>

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**Topic: FAST TRACK SKILLS 8PM US EST**

**Time: Aug 8, 2023 20:00 Eastern Time (US and Canada)**

**Every week on Tue, Thu, 6 occurrence(s)**

Aug 8, 2023 20:00  
Aug 10, 2023 20:00  
Aug 15, 2023 20:00  
Aug 17, 2023 20:00  
Aug 22, 2023 20:00  
Aug 24, 2023 20:00

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

Weekly: [https://us02web.zoom.us/meeting/tZctc-uppiwiE9d3SxIF8Zrh8BbPaSL1hNrY/ics?icsToken=98tyKuGrri8oG9ySuBCERpwqAo-ga-vxiGZHi\\_pZyz9KgYLWBH-bsBAArNMPInY](https://us02web.zoom.us/meeting/tZctc-uppiwiE9d3SxIF8Zrh8BbPaSL1hNrY/ics?icsToken=98tyKuGrri8oG9ySuBCERpwqAo-ga-vxiGZHi_pZyz9KgYLWBH-bsBAArNMPInY)

Join Zoom Meeting

<https://us02web.zoom.us/j/83042187893?pwd=U09OTG41bVpYemx6bWRqQWZyYTRiUT09>

Meeting ID: 830 4218 7893

Passcode: 068458

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One tap mobile

+12532158782,,83042187893#,,,,\*068458# US (Tacoma)  
+13462487799,,83042187893#,,,,\*068458# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +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: 830 4218 7893

Passcode: 068458

Find your local number: <https://us02web.zoom.us/j/83042187893>

**Topic: FAST TRACK SKILLS (3XWKLY)**

**Time: Aug 8, 2023 14:00 Eastern Time (US and Canada)**

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

Aug 8, 2023 14:00  
Aug 10, 2023 14:00

Aug 12, 2023 14:00  
Aug 15, 2023 14:00  
Aug 17, 2023 14:00  
Aug 19, 2023 14:00  
Aug 22, 2023 14:00  
Aug 24, 2023 14:00  
Aug 26, 2023 14:00

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

Weekly: [https://us02web.zoom.us/meeting/tZUuceuggToqH9YyivvhBB\\_z-2z7LrYz-P8b/ics?icsToken=98tyKuGprT0oEtOU5ByFRpwcA4\\_oa\\_zwtn5fgvpkhRXzFShxQDzse7BYZZ5tKcKd](https://us02web.zoom.us/meeting/tZUuceuggToqH9YyivvhBB_z-2z7LrYz-P8b/ics?icsToken=98tyKuGprT0oEtOU5ByFRpwcA4_oa_zwtn5fgvpkhRXzFShxQDzse7BYZZ5tKcKd)

Join Zoom Meeting

<https://us02web.zoom.us/j/81362871052?pwd=djNad2ZSR2hoa0tBbGIPNDItWlovUT09>

Meeting ID: 813 6287 1052

Passcode: 836765

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One tap mobile

+13462487799,,81362871052#,,,,\*836765# US (Houston)

+16694449171,,81362871052#,,,,\*836765# US

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Dial by your location

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- +1 669 900 9128 US (San Jose)
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- +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: 813 6287 1052

Passcode: 836765

Find your local number: <https://us02web.zoom.us/u/kdmKRazNf3>

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**Topic: SKILLS 10AM US EST**

**Time: Aug 7, 2023 10:00 Eastern Time (US and Canada)**

**Every week on Mon, Wed, Fri, 10 occurrence(s)**

Aug 7, 2023 10:00  
Aug 9, 2023 10:00  
Aug 11, 2023 10:00  
Aug 14, 2023 10:00  
Aug 16, 2023 10:00  
Aug 18, 2023 10:00  
Aug 21, 2023 10:00  
Aug 23, 2023 10:00  
Aug 25, 2023 10:00

Aug 28, 2023 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZEsdU-ggDMuHtyD8Ems\\_hcvJ-YFaL\\_ZMwiT/ics?icsToken=98tyKuGtrzosGNKdtB2PRpwMBYi4M-rwplxbgrdEuEfADjNsagDgHK97FLNtL-L9](https://us02web.zoom.us/meeting/tZEsdU-ggDMuHtyD8Ems_hcvJ-YFaL_ZMwiT/ics?icsToken=98tyKuGtrzosGNKdtB2PRpwMBYi4M-rwplxbgrdEuEfADjNsagDgHK97FLNtL-L9)

Join Zoom Meeting

<https://us02web.zoom.us/j/85116268448?pwd=NGltQ3g1aUkvRmluMXAyTzhDeHROQT09>

Meeting ID: 851 1626 8448

Passcode: 624599

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One tap mobile

+16699009128,,85116268448#,,,,\*624599# US (San Jose)

+17193594580,,85116268448#,,,,\*624599# US

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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
- +1 646 931 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: 851 1626 8448

Passcode: 624599

Find your local number: <https://us02web.zoom.us/u/k6F4jHwR0>

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**Topic: SKILLS @8PM US EST**

**Time: Aug 7, 2023 20:00 Eastern Time (US and Canada)**

**Every week on Mon, Wed, Fri, 10 occurrence(s)**

Aug 7, 2023 20:00

Aug 9, 2023 20:00

Aug 11, 2023 20:00

Aug 14, 2023 20:00

Aug 16, 2023 20:00

Aug 18, 2023 20:00

Aug 21, 2023 20:00

Aug 23, 2023 20:00

Aug 25, 2023 20:00

Aug 28, 2023 20:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZlpcuCrrjsrEt2c7Ziey0K\\_QhdOqX9\\_q\\_a/ics?icsToken=98tyKuGuqi4jGdSVsRGORpwABo\\_4XenziGJci7cPn0ifCivKMijB-pGHaNHSeFB](https://us02web.zoom.us/meeting/tZlpcuCrrjsrEt2c7Ziey0K_QhdOqX9_q_a/ics?icsToken=98tyKuGuqi4jGdSVsRGORpwABo_4XenziGJci7cPn0ifCivKMijB-pGHaNHSeFB)

Join Zoom Meeting

<https://us02web.zoom.us/j/86459300189?pwd=eU1rR01pQzNNTVY5Nkw1Wlp0Q01BwQT09>

Meeting ID: 864 5930 0189

Passcode: 739573

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One tap mobile

+12532158782,,86459300189#,,,,\*739573# US (Tacoma)

+13462487799,,86459300189#,,,,\*739573# US (Houston)

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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
- +1 309 205 3325 US
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- +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: 864 5930 0189

Passcode: 739573

Find your local number: <https://us02web.zoom.us/j/kdbl1RRndi>

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**Topic: UNLOCK UPPER BODY STRENGTH W/ CLAIRE G**

**Time: Jul 27, 2023 14:00 Eastern Time (US and Canada)**

Every week on Thu, Mon, 3 occurrence(s)

Jul 27, 2023 14:00

Jul 31, 2023 14:00

Aug 3, 2023 14:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZUtcOuhqTotG9xHUNfinPArcsAvKjP5z5cS/ics?icsToken=98tyKuGpriwoE9OtxiPRpwcAo\\_Ca\\_Pwtn5ajfpFtCrLBSpdUilKnfjJl1lI3K](https://us02web.zoom.us/meeting/tZUtcOuhqTotG9xHUNfinPArcsAvKjP5z5cS/ics?icsToken=98tyKuGpriwoE9OtxiPRpwcAo_Ca_Pwtn5ajfpFtCrLBSpdUilKnfjJl1lI3K)

Join Zoom Meeting

<https://us02web.zoom.us/j/81072971718?pwd=RmdmV3B6OVByNjZrM0o1SFNDTmtHQT09>

Meeting ID: 810 7297 1718

Passcode: 445987

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One tap mobile

+12532050468,,81072971718#,,,,\*445987# US

+12532158782,,81072971718#,,,,\*445987# US (Tacoma)

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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
- +1 646 931 3860 US
- +1 689 278 1000 US
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- +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: 810 7297 1718  
 Passcode: 445987

Find your local number: <https://us02web.zoom.us/j/84852795330>

**Topic: BALANCE IN MOTION WITH ANGELA WANG**  
**Time: Jul 27, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)  
 Jul 27, 2023 20:00  
 Jul 28, 2023 20:00

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

Daily: [https://us02web.zoom.us/meeting/tZAlcuuvpz4pGdThJyNxf3Fbqe7S67hH6lrrn/ics?icsToken=98tyKuGspi4oHd2QsxgHRpwIGo\\_4a-3xmCvejadplDX8LThVMSX0J-cVAeQoGPCG](https://us02web.zoom.us/meeting/tZAlcuuvpz4pGdThJyNxf3Fbqe7S67hH6lrrn/ics?icsToken=98tyKuGspi4oHd2QsxgHRpwIGo_4a-3xmCvejadplDX8LThVMSX0J-cVAeQoGPCG)

Join Zoom Meeting

<https://us02web.zoom.us/j/84852795330?pwd=RWWUUb01mVERlQUx4UXRjUW0vd1FmUT09>

Meeting ID: 848 5279 5330  
 Passcode: 658390

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One tap mobile

+12532050468,,84852795330#,,,,\*658390# US  
 +12532158782,,84852795330#,,,,\*658390# US (Tacoma)

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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
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- +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: 848 5279 5330  
Passcode: 658390

Find your local number: <https://us02web.zoom.us/j/82525940696>

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**Topic: HIP MOBILITY FLOW WITH KEISHA WANG**  
**Time: Jul 27, 2023 22:00 Eastern Time (US and Canada)**

Join Zoom Meeting  
<https://us02web.zoom.us/j/82525940696?pwd=bXhVZlEzcDcvZHoyKzJONGo4N1ZOUT09>

Meeting ID: 825 2594 0696  
Passcode: 487552

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One tap mobile  
+16699009128,,82525940696#,,,,\*487552# US (San Jose)  
+17193594580,,82525940696#,,,,\*487552# US

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Dial by your location

- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
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- +1 253 215 8782 US (Tacoma)
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- +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: 825 2594 0696  
Passcode: 487552

Find your local number: <https://us02web.zoom.us/j/kcvmlCN00t>

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**Topic: FULL BODY LOCOMOTION WITH EILEEN FLAHERTY**  
**Time: Jul 29, 2023 09:30 Eastern Time (US and Canada)**

Every week on Sat, 2 occurrence(s)  
Jul 29, 2023 09:30  
Aug 5, 2023 09:30

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

Weekly: [https://us02web.zoom.us/meeting/tZEkc-qoqDIqHNEBGi75TBn6aq31IYRted6/ics?icsToken=98tyKuGtpz8pGtKcsB-CRpwMHY-gb\\_Twplhfgo14vjisVHVnQA2gN\\_MRY5tWKerE](https://us02web.zoom.us/meeting/tZEkc-qoqDIqHNEBGi75TBn6aq31IYRted6/ics?icsToken=98tyKuGtpz8pGtKcsB-CRpwMHY-gb_Twplhfgo14vjisVHVnQA2gN_MRY5tWKerE)

Join Zoom Meeting  
<https://us02web.zoom.us/j/85943069065?pwd=WlROdC9MMkV5U25QQ25ERGIjWWJLZz09>

Meeting ID: 859 4306 9065

Passcode: 866063

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One tap mobile

+17193594580,,85943069065#,,,,\*866063# US

+12532050468,,85943069065#,,,,\*866063# US

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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)
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- +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: 859 4306 9065

Passcode: 866063

Find your local number: <https://us02web.zoom.us/j/kcZQ7Px54M>

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**Topic: MULTI-LEVEL DRILLS WITH SARA WEE**

**Time: Jul 29, 2023 22:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/87884972217?pwd=eHVzeDlRjdCzGRzL3FIM0VyNHVadz09>

Meeting ID: 878 8497 2217

Passcode: 777721

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One tap mobile

+16694449171,,87884972217#,,,,\*777721# US

+16699009128,,87884972217#,,,,\*777721# US (San Jose)

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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: 878 8497 2217

Passcode: 777721

Find your local number: <https://us02web.zoom.us/j/keB3qx6mSD>

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**Topic: RAW COOKING WITH CARO (INGREDIENTS AT BOTTOM OF EMAIL)**

**Time: Jul 30, 2023 10:00 Eastern Time (US and Canada)**

Every week on Sun, 2 occurrence(s)

Jul 30, 2023 10:00

Aug 6, 2023 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMpd-mprT0jHd0A3z1PeufCf2oUY9aauBkC/ics?icsToken=98tyKuGvajsqG9eTuR6ORpwEBoigc-vztiFEgqcNvUz\\_UhBWdwXVMLBNB4smAdnF](https://us02web.zoom.us/meeting/tZMpd-mprT0jHd0A3z1PeufCf2oUY9aauBkC/ics?icsToken=98tyKuGvajsqG9eTuR6ORpwEBoigc-vztiFEgqcNvUz_UhBWdwXVMLBNB4smAdnF)

Join Zoom Meeting

<https://us02web.zoom.us/j/87400136979?pwd=b0drdHBWOW9TeExiQnZWt0lmdFg2UT09>

Meeting ID: 874 0013 6979

Passcode: 343921

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One tap mobile

+16694449171,,87400136979#,,,,\*343921# US

+16699009128,,87400136979#,,,,\*343921# US (San Jose)

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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: 874 0013 6979

Passcode: 343921

Find your local number: <https://us02web.zoom.us/j/kcCyza7KeO>

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**Topic: LEG DAY DRILLS WITH LEE SHIAN ONG**

**Time: Jul 30, 2023 20:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/83231126455?pwd=ZDhEcm1CWHAzd3B6bUE1bE1yMWtZdz09>

Meeting ID: 832 3112 6455

Passcode: 661441

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One tap mobile

+17193594580,,83231126455#,,,,\*661441# US

+12532050468,,83231126455#,,,,\*661441# US

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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)
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- +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: 832 3112 6455

Passcode: 661441

Find your local number: <https://us02web.zoom.us/u/kkT5reKVo>

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**Topic: STRONGER TOGETHER W/ SARA WEE**

**Time: Jul 31, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/87472657551?pwd=SnZYcURCMkViRkc5WXp1UmVoR3djQT09>

Meeting ID: 874 7265 7551

Passcode: 013016

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One tap mobile

+16694449171,,87472657551#,,,,\*013016# US

+16699009128,,87472657551#,,,,\*013016# US (San Jose)

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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
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- +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: 874 7265 7551  
Passcode: 013016

Find your local number: <https://us02web.zoom.us/j/kee5Oessny>

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**Topic: SKILLS W/ SARA WEE**

**Time: Jul 31, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)  
Jul 31, 2023 20:00  
Aug 1, 2023 20:00

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

Daily:

[https://us02web.zoom.us/meeting/tZYlfu6qqzsoHdN7iYIm2KCVTh1TeU\\_lZxhU/ics?icsToken=98tyKuGqpiltGNGVsh6ARpwQGor4KOrwmGJBgdzyzbcDy0BSSDAAuoTBrdKL9Tq](https://us02web.zoom.us/meeting/tZYlfu6qqzsoHdN7iYIm2KCVTh1TeU_lZxhU/ics?icsToken=98tyKuGqpiltGNGVsh6ARpwQGor4KOrwmGJBgdzyzbcDy0BSSDAAuoTBrdKL9Tq)

Join Zoom Meeting

<https://us02web.zoom.us/j/82897250277?pwd=b2pKSFNXK21hSEdEQVVTcklBSkVldz09>

Meeting ID: 828 9725 0277  
Passcode: 261069

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One tap mobile

+16694449171,,82897250277#,,,,\*261069# US  
+16699009128,,82897250277#,,,,\*261069# US (San Jose)

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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)
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- +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: 828 9725 0277  
Passcode: 261069

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

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**Topic: ENERGY BOOST WORKOUT WITH KEISHA WANG**  
**Time: Aug 1, 2023 08:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/89700944593?pwd=TDJQNU5uNTgrYlEEMUhhHVERm05Zz09>

Meeting ID: 897 0094 4593

Passcode: 547990

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One tap mobile

+17193594580,,89700944593#,,,,\*547990# US

+12532050468,,89700944593#,,,,\*547990# US

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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)
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- +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: 897 0094 4593

Passcode: 547990

Find your local number: <https://us02web.zoom.us/j/kuE87lvrB>

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**Topic: FOUNDATIONS WITH SARA WEE**  
**Time: Aug 1, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/81138218208?pwd=L1VFVTRtZGFuRWZESlJqNGxMdFZkQT09>

Meeting ID: 811 3821 8208

Passcode: 292829

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One tap mobile

+12532050468,,81138218208#,,,,\*292829# US

+12532158782,,81138218208#,,,,\*292829# US (Tacoma)

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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)
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- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
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- +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: 811 3821 8208

Passcode: 292829

Find your local number: <https://us02web.zoom.us/j/83908632977?pwd=MnhvWldieWhVQ2FXTzJ5YlZ3cm9XUT09>

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**Topic: MINDFUL MOBILITY WITH MELODY**

**Time: Aug 2, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/83908632977?pwd=MnhvWldieWhVQ2FXTzJ5YlZ3cm9XUT09>

Meeting ID: 839 0863 2977

Passcode: 513373

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One tap mobile

+12532158782,,83908632977#,,,,\*513373# US (Tacoma)

+13462487799,,83908632977#,,,,\*513373# US (Houston)

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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
- +1 564 217 2000 US
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- +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: 839 0863 2977

Passcode: 513373

Find your local number: <https://us02web.zoom.us/j/kwrv2RT48>

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**Topic: MOBILITY: STRETCH AND STRENGTHEN WITH MIRANDA**  
**Time: Aug 2, 2023 20:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/88425744502?pwd=VW41RW12VXRiVWNoNkcwV1FhRzBXdz09>

Meeting ID: 884 2574 4502

Passcode: 826342

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One tap mobile

+13462487799,,88425744502#,,,,\*826342# US (Houston)

+16694449171,,88425744502#,,,,\*826342# US

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Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +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: 884 2574 4502

Passcode: 826342

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

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**Topic: MULTI-LEVEL DRILLS W/ LEE SHIAN ONG**  
**Time: Aug 3, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)

Aug 3, 2023 20:00

Aug 4, 2023 20:00

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

Daily: [https://us02web.zoom.us/meeting/tZUocuiurDksGNN2Ag6\\_GpcPYAVraat\\_HM00/ics?icsToken=98tyKuGpqz4rHNaxthuARpwcGY\\_4d-7zpnpdjY1zzi7iVR90cgDGD8N0ILN-BOf4](https://us02web.zoom.us/meeting/tZUocuiurDksGNN2Ag6_GpcPYAVraat_HM00/ics?icsToken=98tyKuGpqz4rHNaxthuARpwcGY_4d-7zpnpdjY1zzi7iVR90cgDGD8N0ILN-BOf4)

Join Zoom Meeting

<https://us02web.zoom.us/j/81551622627?pwd=cnMyZEt0b1EzYjJoeTNqcm1uakQ3QT09>

Meeting ID: 815 5162 2627

Passcode: 147449

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One tap mobile

+16694449171,,81551622627#,,,,\*147449# US  
+16699009128,,81551622627#,,,,\*147449# US (San Jose)

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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: 815 5162 2627

Passcode: 147449

Find your local number: <https://us02web.zoom.us/j/kbaf3K0nz8>

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**Topic: LEG DAY DRILLS WITH MELODY**

**Time: Aug 5, 2023 08:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/81456653592?pwd=MmFiSGRSajAvSWZOcEQ3Z3pSaVNDdz09>

Meeting ID: 814 5665 3592

Passcode: 824114

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One tap mobile

+12532050468,,81456653592#,,,,\*824114# US  
+12532158782,,81456653592#,,,,\*824114# US (Tacoma)

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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
- +1 386 347 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 5665 3592  
Passcode: 824114

Find your local number: <https://us02web.zoom.us/j/81456653592>

## Raw White Chocolate and Rose Cheesecake

### EQUIPMENT

Essential: 6 inch spring form tin( up to 8 inch if you want a flatter look) food processor, greaseproof or baking paper, high Speed Blender, freezer

### INGREDIENTS FOR THE BASE

- 1 cup (120g) raw almonds or cashews or half almond / half desiccated coconut
- 1/2 cup (90g) dates, pitted and chopped
- 1 tsp cashew butter or 1tsp coconut oil or cocoa butter melted
- 1/4 tsp vanilla extract
- 20g cocoa powder or coconut flour
- Pinch of salt
- Little coconut oil to grease the tin

### FILLING INGREDIENTS

- 1 cup (120g) cashews, soaked for at least 6h
- Juice of ½ lemon
- 3 Tbsp maple syrup or rice syrup or agave
- 3 Tbsp cacao butter or coconut oil, melted
- 125 g (½ cup) coconut cream
- Pinch of salt
- ½ Tsp vanilla extract
- 2 tsp rosewater
- dried rose petals and extra white choc to garnish

## RAW SUMMER FRUIT TART

### Ingredients for the tart base

- 75g almonds or cashew nuts (or ½ grilled almond & ½ almond flour)
- 50g buckwheat flour or oat flour
- 20g coconut flour
- 30g coconut sugar
- 20ml agave or Maple syrup
- 20g melted cocoa butter or coconut oil



- 1 pinch of salt
- 15g-30g hot water

#### **Ingredients for the cashew filling**

- 200g cashew nuts, soaked for at least 6 hours
- 130 ml almond milk

#### **Ingredients for Raspberry Chia Jam**

- 100g fresh or frozen raspberries
- 50g dates, pitted and cut into small pieces
- 1/4 tablespoon chia seeds
- 1/4 teaspoon lemon juice

#### **Ingredients for the topping**

- 1 x portion of cashew cream filling
  - 1 vanilla pod or 5ml vanilla extract
  - 40g light coconut sugar or raw cane sugar
  - 2 teaspoons lemon juice
  - 40g coconut oil
  - Around 750g fresh fruit
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