



D1Y

SEPTEMBER 2023
FAST TRACK SKILLS (3XWKLY)

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: FAST TRACK SKILLS (3XWKLY)

Time: Sep 2, 2023 14:00 Eastern Time (US and Canada)

Every week on Sat, Tue, Thu, 12 occurrence(s)

Sep 2, 2023 14:00

Sep 5, 2023 14:00

Sep 7, 2023 14:00

Sep 9, 2023 14:00

Sep 12, 2023 14:00

Sep 14, 2023 14:00

Sep 16, 2023 14:00

Sep 19, 2023 14:00

Sep 21, 2023 14:00

Sep 23, 2023 14:00

Sep 26, 2023 14:00

Sep 28, 2023 14:00

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

Weekly: https://us02web.zoom.us/meeting/tZwpceCsrzMvE9YQrY5ISAbA09kLUY6YyEV3/ics?icsToken=98tyKuGgqj0jHtWdtRCFRpw-Bo_oXeizmFxYi_pkrQ3cVixgQwH3ZrtJHodGRuHJ

Join Zoom Meeting

<https://us02web.zoom.us/j/88469418592?pwd=T3pnVlY1dTRnVWFNaDZPOVBkeTN2UT09>

Meeting ID: 884 6941 8592

Passcode: 357722

One tap mobile

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• +1 689 278 1000 US

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Find your local number: <https://us02web.zoom.us/j/kcV6ptu0ce>