



FOUNDATIONS SEPTEMBER 2023

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: Sep 5, 2023 07:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Sep 5, 2023 07:00
Sep 7, 2023 07:00
Sep 12, 2023 07:00
Sep 14, 2023 07:00
Sep 19, 2023 07:00
Sep 21, 2023 07:00
Sep 26, 2023 07:00
Sep 28, 2023 07:00

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

Weekly: <https://us02web.zoom.us/meeting/tZUuc-vrri4oEtfgo5gYicqerdL67QOmUTWK/ics?icsToken=98tyKuGprT8vGdSQshGERpwcA4-gZ-nziCVBi7dbmxCwBBlaYRLzJOZuZOVOldXI>

Join Zoom Meeting

<https://us02web.zoom.us/j/81345305283?pwd=ektCYzZYMVNvdFZnS2RlZUllWGtFdz09>

Meeting ID: 813 4530 5283

Passcode: 633216

One tap mobile

+16694449171,,81345305283#,,,,*633216# US
+16699009128,,81345305283#,,,,*633216# 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)
- +1 301 715 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: 813 4530 5283
Passcode: 633216

Find your local number: <https://us02web.zoom.us/j/kLMGC6BoH>

Topic: FOUNDATIONS 1PM US EST

Time: Sep 5, 2023 13:00 Eastern Time (US and Canada)

- Every week on Tue, Thu, 8 occurrence(s)
- Sep 5, 2023 13:00
- Sep 7, 2023 13:00
- Sep 12, 2023 13:00
- Sep 14, 2023 13:00
- Sep 19, 2023 13:00
- Sep 21, 2023 13:00
- Sep 26, 2023 13:00
- Sep 28, 2023 13:00

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

Weekly: https://us02web.zoom.us/meeting/tZcrf-gqzspH9OJazMdsZbyp8ej9PnmLnFa/ics?icsToken=98tyKuGrqDMpG9GVsxyARpwqBlagb-vwmGJegvpyth7_LiRAWAHvJrpHOotPHtX8

Join Zoom Meeting

<https://us02web.zoom.us/j/83683150357?pwd=YmxOeSttcHgrVp5OWdVOGNzOE0rdz09>

Meeting ID: 836 8315 0357
Passcode: 378353

One tap mobile

+17193594580,,83683150357#,,,,*378353# US
+12532050468,,83683150357#,,,,*378353# 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)
- +1 564 217 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
- +1 507 473 4847 US

Meeting ID: 836 8315 0357
Passcode: 378353

Find your local number: <https://us02web.zoom.us/j/khqr1OtAi>

Topic: FOUNDATIONS 7PM US EST

Time: Sep 5, 2023 19:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

- Sep 5, 2023 19:00
- Sep 7, 2023 19:00
- Sep 12, 2023 19:00
- Sep 14, 2023 19:00
- Sep 19, 2023 19:00
- Sep 21, 2023 19:00
- Sep 26, 2023 19:00
- Sep 28, 2023 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYocCtqTojE9I3YtriN4KY7Nb5mvaxiCgd/ics?icsToken=98tyKuGqz0jH9OUuRCBRpwQGY_oXe_wtn5Ej_p0zybxESl9NiiPYcxAZ79pAcD5

Join Zoom Meeting

<https://us02web.zoom.us/j/82569571996?pwd=YTZVUm1maFZEUVg2dS9ib291UnN5dz09>

Meeting ID: 825 6957 1996
Passcode: 180221

One tap mobile

- +13462487799,,82569571996#,,,,*180221# US (Houston)
- +16694449171,,82569571996#,,,,*180221# 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)
- +1 305 224 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
- +1 301 715 8592 US (Washington DC)

Meeting ID: 825 6957 1996
Passcode: 180221

Find your local number: <https://us02web.zoom.us/j/kgg071NI>