



SKILLS SEPTEMBER 2023

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: SKILLS 10AM US EST

Time: Sep 1, 2023 10:00 Eastern Time (US and Canada)

Every week on Fri, Mon, Wed, 12 occurrence(s)

Sep 1, 2023 10:00
Sep 4, 2023 10:00
Sep 6, 2023 10:00
Sep 8, 2023 10:00
Sep 11, 2023 10:00
Sep 13, 2023 10:00
Sep 15, 2023 10:00
Sep 18, 2023 10:00
Sep 20, 2023 10:00
Sep 22, 2023 10:00
Sep 25, 2023 10:00
Sep 27, 2023 10:00

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

Weekly: https://us02web.zoom.us/meeting/tZYkcu-upjlsHdxnOxTXlX3_JHsB8tQDuXcL/ics?icsToken=98tyKuGqz4sHNycth6PRpwQHY_4M-7xiFhdgdFkiD9NxfWIDJHMPREOprifzF

Join Zoom Meeting

<https://us02web.zoom.us/j/82956689678?pwd=YldVMHh1dTNuL29Ob2wwR3cvZ2hLQT09>

Meeting ID: 829 5668 9678

Passcode: 401827

One tap mobile

+16699009128,,82956689678#,,,,*401827# US (San Jose)
+17193594580,,82956689678#,,,,*401827# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 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: 829 5668 9678
Passcode: 401827

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Topic: SKILLS 8PM US EST

Time: Sep 1, 2023 20:00 Eastern Time (US and Canada)

Every week on Fri, Mon, Wed, 12 occurrence(s)

Sep 1, 2023 20:00

Sep 4, 2023 20:00

Sep 6, 2023 20:00

Sep 8, 2023 20:00

Sep 11, 2023 20:00

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Weekly:

https://us02web.zoom.us/meeting/tZUscOCrrTwpGd1bzipzNt0nDYDjKZM7lCd7m/ics?icsToken=98tyKuGprzwGdeSsxqORpwcBY_CXentzmZejaCmngX1GQ5HMg3SD8ZIGYhSR9Tz

Join Zoom Meeting

<https://us02web.zoom.us/j/81179337339?pwd=eTdURUVtcjk0ZkwySlQzeEVOL0FGdz09>

Meeting ID: 811 7933 7339

Passcode: 833188

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• +1 312 626 6799 US (Chicago)

• +1 360 209 5623 US

• +1 386 347 5053 US

• +1 507 473 4847 US

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Meeting ID: 811 7933 7339

Passcode: 833188

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