



## OCTOBER 2023 FAST TRACK SKILLS

**PLEASE READ:**

If you are to miss a class and would like to request the recording, please email [assist.day1yoga@gmail.com](mailto: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 8AM US EST**

**Time: Oct 3, 2023 08:00 Eastern Time (US and Canada)**

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

Oct 3, 2023 08:00  
Oct 5, 2023 08:00  
Oct 10, 2023 08:00  
Oct 12, 2023 08:00  
Oct 17, 2023 08:00  
Oct 19, 2023 08:00  
Oct 24, 2023 08:00  
Oct 26, 2023 08:00

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

Weekly: [https://us02web.zoom.us/meeting/tZEvf-2vqDlsGtD1f2B-6-ta0TFYY1iSSf\\_N/ics?icsToken=98tyKuGtrDMuHdKcthmDRpwMAIqgLO3wplhdjbd5zRm3IW0FLxf3ZtZkC4suGevi](https://us02web.zoom.us/meeting/tZEvf-2vqDlsGtD1f2B-6-ta0TFYY1iSSf_N/ics?icsToken=98tyKuGtrDMuHdKcthmDRpwMAIqgLO3wplhdjbd5zRm3IW0FLxf3ZtZkC4suGevi)

Join Zoom Meeting

<https://us02web.zoom.us/j/85284769604?pwd=RIEzRmpVdVnKZTZ1TnlkUjRkMk9yQT09>

Meeting ID: 852 8476 9604

Passcode: 369652

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- +1 253 215 8782 US (Tacoma)
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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
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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
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

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

**Time: Oct 3, 2023 20:00 Eastern Time (US and Canada)**

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Oct 12, 2023 20:00

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Weekly:

[https://us02web.zoom.us/meeting/tZlucO6gqz0rE9EyS3W8QdgvhcKRhtxJ25\\_b/ics?icsToken=98tyKuGurTwtEtGTsRCCRpwAA4\\_CKPzwmCFci\\_p4hSv2NHhiZgTgPuFpALprCPKC](https://us02web.zoom.us/meeting/tZlucO6gqz0rE9EyS3W8QdgvhcKRhtxJ25_b/ics?icsToken=98tyKuGurTwtEtGTsRCCRpwAA4_CKPzwmCFci_p4hSv2NHhiZgTgPuFpALprCPKC)

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<https://us02web.zoom.us/j/86377856195?pwd=NEdRd1BCMVpqR3VRUmVXMUd5QkcyZz09>

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Passcode: 316709

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