



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: Oct 3, 2023 07:00 Eastern Time (US and Canada)

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

Oct 3, 2023 07:00
Oct 5, 2023 07:00
Oct 10, 2023 07:00
Oct 12, 2023 07:00
Oct 17, 2023 07:00
Oct 19, 2023 07:00
Oct 24, 2023 07:00
Oct 26, 2023 07:00

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

Weekly: https://us02web.zoom.us/meeting/tZ0kd--uqiMuHtBfaVqs4QNmm6GXViz6FqIH/ics?icsToken=98tyKuGhpzssHNCdtB2DRpx5HYigM-7wiFxbgrd_mh7TEjMHUy37O7RlCoR1Co72

Join Zoom Meeting

<https://us02web.zoom.us/j/89906648444?pwd=Rk5qcXJmQzQvSzAzRFIvamZpWnVVdz09>

Meeting ID: 899 0664 8444

Passcode: 313500

One tap mobile

+16699009128,,89906648444#,,,,*313500# US (San Jose)

+17193594580,,89906648444#,,,,*313500# US

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
- +1 312 626 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
- +1 309 205 3325 US

Meeting ID: 899 0664 8444

Passcode: 313500

Find your local number: <https://us02web.zoom.us/j/kdbXFwKAC8>

Topic: FOUNDATIONS 1PM US EST

Time: Oct 3, 2023 13:00 Eastern Time (US and Canada)

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

Oct 3, 2023 13:00

Oct 5, 2023 13:00

Oct 10, 2023 13:00

Oct 12, 2023 13:00

Oct 17, 2023 13:00

Oct 19, 2023 13:00

Oct 24, 2023 13:00

Oct 26, 2023 13:00

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

Weekly: https://us02web.zoom.us/meeting/tZctdeqtrDwsH9SaigP-GJq6lphhXrvo6bQC/ics?icsToken=98tyKuGrrjkh9aSthyHRpwqAojob-zpmZdgvunRbiM210SBKgH_JKOoptBteG

Join Zoom Meeting

<https://us02web.zoom.us/j/83023527650?pwd=OXIJYUhGcDI5dVFWMFVxdkF6dlJqdz09>

Meeting ID: 830 2352 7650

Passcode: 089159

One tap mobile

+16699009128,,83023527650#,,,,*089159# US (San Jose)

+17193594580,,83023527650#,,,,*089159# US

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

• +1 312 626 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

• +1 309 205 3325 US

Meeting ID: 830 2352 7650

Passcode: 089159

Find your local number: <https://us02web.zoom.us/j/82735492681>

Topic: FOUNDATIONS 7PM US EST

Time: Oct 3, 2023 19:00 Eastern Time (US and Canada)

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZYqdOyspzksEtVPaY2VHggjPqH6MmA8JSNz/ics?icsToken=98tyKuGqgTgvHt2XthGGRpwQB4iCZ-jxmHpdj7drB7cURZ7ZQT8BvNqZJ9yMYD6>

Join Zoom Meeting

<https://us02web.zoom.us/j/82735492681?pwd=TFixdnorT3JhOW5TZVNGVkJmODZiUT09>

Meeting ID: 827 3549 2681

Passcode: 889443

One tap mobile

+17193594580,,82735492681#,,,,*889443# US

+12532050468,,82735492681#,,,,*889443# 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)
- +1 386 347 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: 827 3549 2681

Passcode: 889443

Find your local number: <https://us02web.zoom.us/j/82735492681>