



NOVEMBER 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 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

Time: Nov 2, 2023 08:00 Eastern Time (US and Canada)

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

Nov 2, 2023 08:00
Nov 7, 2023 08:00
Nov 9, 2023 08:00
Nov 14, 2023 08:00
Nov 16, 2023 08:00
Nov 21, 2023 08:00
Nov 23, 2023 08:00
Nov 28, 2023 08:00

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

Weekly:

https://us02web.zoom.us/meeting/tZEscO6rrTguHdNyUd8FxU6YCaNkoF312b3_/ics?icsToken=98tyKuGtrztGdeWtB6ARpwMBY_CKOnztnZbgdzhSrhWwZLV1XPFeNsOb1ZQ4mC

Join Zoom Meeting

<https://us02web.zoom.us/j/85177333477?pwd=Y3FCQWNmempaVXArZlYydTRQcWduUT09>

Meeting ID: 851 7733 3477

Passcode: 253637

One tap mobile

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Dial by your location

- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
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- +1 669 444 9171 US
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- +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

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Topic: FAST TRACK SKILLS 8PM

Time: Nov 2, 2023 20:00 Eastern Time (US and Canada)

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https://us02web.zoom.us/meeting/tZAocuGggTktH9c75cvlptl7v3wosWpp3idN/ics?icsToken=98tyKuGsqz4iEtOxtxyERpwIGY_4Wfzwtncpagvpey0rmFQlDdighlLFPaFIAMiD

Join Zoom Meeting

<https://us02web.zoom.us/j/84558872753?pwd=WkRHK2ZjQjV1eHpvcUZOZkd3ZmpVQT09>

Meeting ID: 845 5887 2753

Passcode: 142738

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Meeting ID: 845 5887 2753

Passcode: 142738

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