



FOUNDATIONS NOVEMBER 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: Nov 2, 2023 07:00 Eastern Time (US and Canada)

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

Nov 2, 2023 07:00
Nov 7, 2023 07:00
Nov 9, 2023 07:00
Nov 14, 2023 07:00
Nov 16, 2023 07:00
Nov 21, 2023 07:00
Nov 23, 2023 07:00
Nov 28, 2023 07:00

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

Weekly: https://us02web.zoom.us/meeting/tZckd-isqzwqE9Tt3FNSYzStew97x4FSO6Y5/ics?icsToken=98tyKuGrpzsrHtGSsBCHRpwqHYigd-jwmGZfj_ppiEzDLRNqeDDiM_UbZaorNuv

Join Zoom Meeting

<https://us02web.zoom.us/j/83901457090?pwd=Ymk5cHhaN2JkTURKV3FwRHE4aE81dz09>

Meeting ID: 839 0145 7090

Passcode: 983309

One tap mobile

+13462487799,,83901457090#,,,,*983309# US (Houston)

+16694449171,,83901457090#,,,,*983309# 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)
- +1 301 715 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: 839 0145 7090

Passcode: 983309

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

Topic: FOUNDATIONS 1PM US EST

Time: Nov 2, 2023 13:00 Eastern Time (US and Canada)

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

Nov 2, 2023 13:00

Nov 7, 2023 13:00

Nov 9, 2023 13:00

Nov 14, 2023 13:00

Nov 16, 2023 13:00

Nov 21, 2023 13:00

Nov 23, 2023 13:00

Nov 28, 2023 13:00

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

Weekly:

https://us02web.zoom.us/meeting/tZAscumgrTKsE9NNNsQMTjYUzkrTZRt6DKGD/ics?icsToken=98tyKuGsrz4qEteXthCARpwIBY_4c_zztnpdj_pzsjH2Mg1naDrDLOlQJohNJI70

Join Zoom Meeting

<https://us02web.zoom.us/j/84150832697?pwd=Z1ExNWpRcnk4SUQ0M2M3Skx0YzVBZz09>

Meeting ID: 841 5083 2697

Passcode: 643975

One tap mobile

+12532158782,,84150832697#,,,,*643975# US (Tacoma)

+13462487799,,84150832697#,,,,*643975# US (Houston)

Dial by your location

• +1 253 215 8782 US (Tacoma)

• +1 346 248 7799 US (Houston)

• +1 669 444 9171 US

• +1 669 900 9128 US (San Jose)

• +1 719 359 4580 US

• +1 253 205 0468 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: 841 5083 2697

Passcode: 643975

Find your local number: <https://us02web.zoom.us/j/84150832697>

Topic: FOUNDATIONS 7PM US EST

Time: Nov 2, 2023 19:00 Eastern Time (US and Canada)

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

Nov 2, 2023 19:00

Nov 7, 2023 19:00

Nov 9, 2023 19:00

Nov 14, 2023 19:00

Nov 16, 2023 19:00

Nov 21, 2023 19:00

Nov 23, 2023 19:00

Nov 28, 2023 19:00

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

Weekly: <https://us02web.zoom.us/meeting/tZUvd-ippzluHNbbNeg4juSO62N7OFNPdYTr/ics?icsToken=98tyKuGprDsrG92ctB-FRpwAligd-vxmFhbgo1fnjHgBHRZdzDZYLBSZZ1ZPujU>

Join Zoom Meeting

<https://us02web.zoom.us/j/81201199462?pwd=bkU3TEsrTVRZNWNQekloSFk0QVFrUT09>

Meeting ID: 812 0119 9462

Passcode: 149025

One tap mobile

+13462487799,,81201199462#,,,,*149025# US (Houston)

+16694449171,,81201199462#,,,,*149025# 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)

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• +1 564 217 2000 US

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• +1 646 931 3860 US

• +1 689 278 1000 US

- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 812 0119 9462

Passcode: 149025

Find your local number: <https://us02web.zoom.us/j/kdqFnTMDm0>