



DAY1YOGA MONTH ACCESS: NOVEMBER 2023

Welcome to **NOVEMBER** and the DAY1YOGA Membership!

NEW THIS MONTH:

OFFICE HOURS: November 25th @ 9pm US EST A chance to discuss some of your goals, progress and obstacles in a open forum.

For those of you that don't know by now, I am available to connect, and get to know you better. I'm invested in you. I encourage you to reach out directly with any questions, comments, or compliments about classes or training or any workouts. Please keep my number at +1-773-443-9636 and feel free to text/whatsapp me or hang out after class. Please keep all office questions/recording requests/administrative needs/complaints (haha) to Dottie at assist.day1yoga@gmail.com

All ZOOM codes are in this email. Please keep it for the month as it will have everything you need, including a calendar of events. Please use the **included iCal links to set reminders!** I want you to get the most out of this month and that means **showing up to class!** Following this PDF, Dottie will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love,

Day



MEMBER FOLDER:

For you, as a member, we continue to maintain a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before removal. Please know it is **preferable for you to be live in class** and not rely on recordings 😊

PLEASE DO NOT SHARE THE FOLDER 😊

The link for the Members Showcase is:

<https://vimeo.com/showcase/10758495>

Password: seekjoy



NOVEMBER MEMBERSHIP CALENDAR

OFFICE HOURS:

November 25th @ 9pm US EST

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting November 1st @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting November 2nd @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting November 2nd @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting November 1st @ 10am and 8pm US EST (12 classes)

Topic: OFFICE HOURS

Time: Nov 25, 2023 21:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83093534537?pwd=aicxUG01TTdoQnp1Y054UjF0K0J3UT09>

Meeting ID: 830 9353 4537

Passcode: 739561

One tap mobile

+12532158782,,83093534537#,,,,*739561# US (Tacoma)

+13462487799,,83093534537#,,,,*739561# 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

• +1 646 931 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
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 830 9353 4537
Passcode: 739561

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

Topic: STRONGER 9AM US EST

Time: Nov 1, 2023 09:00 Eastern Time (US and Canada)

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

- Nov 1, 2023 09:00
- Nov 3, 2023 09:00
- Nov 6, 2023 09:00
- Nov 8, 2023 09:00
- Nov 10, 2023 09:00
- Nov 13, 2023 09:00
- Nov 15, 2023 09:00
- Nov 17, 2023 09:00
- Nov 20, 2023 09:00
- Nov 22, 2023 09:00
- Nov 24, 2023 09:00
- Nov 27, 2023 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZlqd-uqqzgvGNdIWHPw7lPYOP4NN27ADwLr/ics?icsToken=98tyKuGuaTsoGNGWtRuERpwAB4jga-rwmHZYjY1ZkCjtExcEbjPPGdIWHJwtr_n0

Join Zoom Meeting

<https://us02web.zoom.us/j/86702253523?pwd=QmNtZWlTNVZhdUtMQ1VrZGV0a1lzUT09>

Meeting ID: 867 0225 3523
Passcode: 007165

One tap mobile

+17193594580,,86702253523#,,,,*007165# US
+12532050468,,86702253523#,,,,*007165# 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: 867 0225 3523

Passcode: 007165

Find your local number: <https://us02web.zoom.us/j/kcgAbaRcm1>

Topic: STRONGER 1PM US EST

Time: Nov 1, 2023 13:00 Eastern Time (US and Canada)

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

Nov 1, 2023 13:00
Nov 3, 2023 13:00
Nov 6, 2023 13:00
Nov 8, 2023 13:00
Nov 10, 2023 13:00
Nov 13, 2023 13:00
Nov 15, 2023 13:00
Nov 17, 2023 13:00
Nov 20, 2023 13:00
Nov 22, 2023 13:00
Nov 24, 2023 13:00
Nov 27, 2023 13:00

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

Weekly: <https://us02web.zoom.us/meeting/tZMtduusgTgtHNTsaoCBSoM7Dq7PmzSdCOex/ics?icsToken=98tyKuGvrjooHtOWtx-HRpwEAoj4a-1wtNzago1pix7qIAIGbS6hEvMVAR9lI9z>

Join Zoom Meeting

<https://us02web.zoom.us/j/87012473760?pwd=NWZ1aW1NK3NhWHZPZFVxRXhkdUloUT09>

Meeting ID: 870 1247 3760

Passcode: 349675

One tap mobile

+12532050468,,87012473760#,,,,*349675# US

+12532158782,,87012473760#,,,,*349675# US (Tacoma)

Dial by your location

- +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)
- +1 719 359 4580 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
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 870 1247 3760

Passcode: 349675

Find your local number: <https://us02web.zoom.us/j/kdOC3KnWKE>

Topic: STRONGER 7PM US EST

Time: Nov 1, 2023 19:00 Eastern Time (US and Canada)

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

Nov 1, 2023 19:00
Nov 3, 2023 19:00

Nov 6, 2023 19:00
Nov 8, 2023 19:00
Nov 10, 2023 19:00
Nov 13, 2023 19:00
Nov 15, 2023 19:00
Nov 17, 2023 19:00
Nov 20, 2023 19:00
Nov 22, 2023 19:00
Nov 24, 2023 19:00
Nov 27, 2023 19:00

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

Weekly: <https://us02web.zoom.us/meeting/tZckd-Ghqz8vH9EnSpGFJHJN3FpfkEAA74gd/ics?icsToken=98tyKuGrpziE9GRtRyCRpwqHYigWfPwmClYgvp4kiz1JAZ5SinYZcRSNLlMfmH>

Join Zoom Meeting

<https://us02web.zoom.us/j/83908954555?pwd=bXdCL0dkVGptRUduVkoXSmIYUkJKUT09>

Meeting ID: 839 0895 4555

Passcode: 915809

One tap mobile

+17193594580,,83908954555#,,,,*915809# US

+12532050468,,83908954555#,,,,*915809# 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)

• +1 312 626 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: 839 0895 4555

Passcode: 915809

Find your local number: <https://us02web.zoom.us/u/kdbmVXjtVp>

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-isqzqwE9Tt3FNsYzStew97x4FSO6Y5/ics?icsToken=98tyKuGrpzsrHtGSsBCHRpWqHYigd-jwmGZfj_ppiEzDLRNqeDDiM_UbZaorNuv

Join Zoom Meeting

<https://us02web.zoom.us/j/83901457090?pwd=YmkScHhaN2JkTURKV3FwRHE4aE81dz09>

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=98tyKuGsrz4gEteXthCARpwIBY_4c_zztndpj_pziH2Mg1naDr_DLOIQJohNJI70

Join Zoom Meeting

<https://us02web.zoom.us/j/84150832697?pwd=Z1ExNWpRcnk4SUQOM2M3SkxOYzVBZz09>

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/kbr0VjQcMV>

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)

• +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

• +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>

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=98tyKuGtrzwtGdeWtB6ARpwMBY_CKOnztnZbgdzhSrhWwZLV1XPFeNsOb1ZQ4mC

Join Zoom Meeting

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

Meeting ID: 851 7733 3477
Passcode: 253637

One tap mobile

+17193594580,,85177333477#,,,,*253637# US
+12532050468,,85177333477#,,,,*253637# 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)
- +1 507 473 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: 851 7733 3477
Passcode: 253637

Find your local number: <https://us02web.zoom.us/j/kb7oEBtS2>

Topic: FAST TRACK SKILLS 8PM

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

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

Nov 2, 2023 20:00
Nov 7, 2023 20:00
Nov 9, 2023 20:00
Nov 14, 2023 20:00
Nov 16, 2023 20:00
Nov 21, 2023 20:00

Nov 23, 2023 20:00

Nov 28, 2023 20:00

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

Weekly:

https://us02web.zoom.us/meeting/tZAocuGgqTktH9c75cvlptl7v3wosWpp3idN/ics?icsToken=98tyKuGsqz4iEtOXtbyERpwIGY_4Wfzwtncpagvpey0rmFQIDdighlLFVPaFIAMiD

Join Zoom Meeting

<https://us02web.zoom.us/j/84558872753?pwd=WkRHk2ZjQjV1eHpvcUZlZkd3ZmpVQT09>

Meeting ID: 845 5887 2753

Passcode: 142738

One tap mobile

+12532158782,,84558872753#,,,,*142738# US (Tacoma)

+13462487799,,84558872753#,,,,*142738# 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
- +1 646 558 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
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 845 5887 2753

Passcode: 142738

Find your local number: <https://us02web.zoom.us/u/kc5dkukoDA>

Topic: SKILLS 10AM US EST

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

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

Nov 1, 2023 10:00

Nov 3, 2023 10:00

Nov 6, 2023 10:00

Nov 8, 2023 10:00

Nov 10, 2023 10:00

Nov 13, 2023 10:00

Nov 15, 2023 10:00

Nov 17, 2023 10:00

Nov 20, 2023 10:00

Nov 22, 2023 10:00

Nov 24, 2023 10:00

Nov 27, 2023 10:00

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

Weekly: https://us02web.zoom.us/meeting/tZYpd--oqzwGdDOYWC9LDwROykv1zEwe5Bp/ics?icsToken=98tyKuGqqjssGtGStRqDRpwQBoigM_TwmGZYjad5sybsIHL_RhTEGftJUNINc_V

Join Zoom Meeting

<https://us02web.zoom.us/j/82406057534?pwd=bktTUnVGNEMweHRNMVZNUEM3VFQ2QT09>

Meeting ID: 824 0605 7534

Passcode: 025773

One tap mobile

+16699009128,,82406057534#,,,,*025773# US (San Jose)

+17193594580,,82406057534#,,,,*025773# 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

• +1 309 205 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

• +1 301 715 8592 US (Washington DC)

• +1 305 224 1968 US

Meeting ID: 824 0605 7534

Passcode: 025773

Find your local number: <https://us02web.zoom.us/u/kcVU7e91i>

Topic: SKILLS 8PM US EST

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

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

Nov 1, 2023 20:00

Nov 3, 2023 20:00

Nov 6, 2023 20:00

Nov 8, 2023 20:00

Nov 10, 2023 20:00

Nov 13, 2023 20:00

Nov 15, 2023 20:00

Nov 17, 2023 20:00

Nov 20, 2023 20:00

Nov 22, 2023 20:00

Nov 24, 2023 20:00

Nov 27, 2023 20:00

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

Weekly: https://us02web.zoom.us/meeting/tZcru2rpjstHNbulk57jcwdx99GASaQmCP/ics?icsToken=98tyKuGrqD4uGdyVtx-FRpwqBl_4LOnxiGJago1fIRPuVndZYRTyPvoba5Vei9nh

Join Zoom Meeting

<https://us02web.zoom.us/j/83654380762?pwd=TktoYUM3YmQwT3Z0ZlhxblHFwaUVVwUT09>

Meeting ID: 836 5438 0762

Passcode: 702362

One tap mobile

+13462487799,,83654380762#,,,,*702362# US (Houston)

+16694449171,,83654380762#,,,,*702362# 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)
- +1 360 209 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
- +1 312 626 6799 US (Chicago)

Meeting ID: 836 5438 0762

Passcode: 702362

Find your local number: <https://us02web.zoom.us/j/ko674mT9x>