



DAY1YOGA MONTH ACCESS: OCTOBER 2023

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

Happy October! 😊 I'm happy because the temperature has finally dropped!

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/10674001>

Password: itsfallyall



OCTOBER MEMBERSHIP CALENDAR

LEG DAY SLOW

Wednesday October 4th @ 1pm US EST (4 meetings)

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting October 2nd @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting October 3rd @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting October 3rd, @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting October 2nd, @ 10am and 8pm US EST (12 classes)

Topic: LEG DAY SLOW

Time: Oct 4, 2023 13:00 Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

Oct 4, 2023 13:00
Oct 11, 2023 13:00
Oct 18, 2023 13:00
Oct 25, 2023 13:00

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

Weekly:

https://us02web.zoom.us/meeting/tZlqduuoqD0jEtdzhkBVegJPBo6KtFEQ7EhN/ics?icsToken=98tyKuGuqTooGtKTuRGERpwAB4j4a_TwpiFEj7dZhfuITZ2ZSnGFO0UGaZZNemH

Join Zoom Meeting

<https://us02web.zoom.us/j/86712066983?pwd=cFNhd1ZtcDZoZEVdVVNzQjYyTE9lQT09>

Meeting ID: 867 1206 6983

Passcode: 664347

One tap mobile

+12532158782,,86712066983#,,,,*664347# US (Tacoma)

+13462487799,,86712066983#,,,,*664347# 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
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- +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: 867 1206 6983

Passcode: 664347

Find your local number: <https://us02web.zoom.us/j/kBqmZiJ5O>

Topic: STRONGER 9AM US EST

Time: Oct 2, 2023 09:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZwrDQgpi4oHtAsBLlSI9oClRpxkHcVvd72/ics?icsToken=98tyKuGgDgpEtyQsh2DRpw-BlijCb_zxiCVBgrd8jz3JDxN6OwzVH9BSKrl3E-7G

Join Zoom Meeting

<https://us02web.zoom.us/j/88633885244?pwd=cDdPcnBpMmhaWXYybWNOanhEa09Vdz09>

Meeting ID: 886 3388 5244

Passcode: 585052

One tap mobile

+16699009128,,88633885244#,,,,*585052# US (San Jose)

+17193594580,,88633885244#,,,,*585052# US

Dial by your location

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- +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: 886 3388 5244
Passcode: 585052

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

Topic: STRONGER 7PM US EST
Time: Oct 2, 2023 19:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZ0qc-mhpzstGdRmv5kZoLfc_FhiffvVUHha/ics?icsToken=98tyKuGhqT8qE92VtxqHRpx5B4-gc_PxmGJajadvkQmwCBpcTgX1CcRKO7RrNs7m

Join Zoom Meeting

<https://us02web.zoom.us/j/89740990730?pwd=RnlyZWFRRXl2L1FDSFUvdUplZWYxZz09>

Meeting ID: 897 4099 0730
Passcode: 346562

One tap mobile
+16699009128,,89740990730#,,,,*346562# US (San Jose)
+17193594580,,89740990730#,,,,*346562# US

Dial by your location

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- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US

Meeting ID: 897 4099 0730
Passcode: 346562

Find your local number: <https://us02web.zoom.us/j/keyL6CDqUz>

Topic: FOUNDATIONS 7AM US EST
Time: Oct 3, 2023 07:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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_mh7TEjMHUy3707RlCoR1Co72

Join Zoom Meeting

<https://us02web.zoom.us/j/89906648444?pwd=Rk5qcXJmQzQvSzAzRFIvamZpWnVWdz09>

Meeting ID: 899 0664 8444

Passcode: 313500

One tap mobile

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

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

Dial by your location

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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

• +1 309 205 3325 US

Meeting ID: 899 0664 8444

Passcode: 313500

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

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

Weekly: https://us02web.zoom.us/meeting/tZctdeqtrDwsH9SaigP-GJq6lphhXrvo6bQC/ics?icsToken=98tyKuGrrjpkH9aSthyHRpwgAojob-zpmZdgvpunRbiM210SBKqH_JKOptBteG

Join Zoom Meeting

<https://us02web.zoom.us/j/83023527650?pwd=OXIjYUhhGcDI5dVFWMFVxdkF6dJlqdz09>

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)

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- +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)

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

Weekly: <https://us02web.zoom.us/meeting/tZYqdOyspzksEtVPaY2VHggjPqH6MmA8JSNz/ics?icsToken=98tyKuGqqTgvHt2XthGGRpwQB4jCZ-ixmHpdj7drrB7cURZ7ZQT8BvNqZJ9yMYD6>

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

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- +1 360 209 5623 US

Meeting ID: 827 3549 2681
Passcode: 889443

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

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)

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

Weekly: https://us02web.zoom.us/meeting/tZEvf-2vqDIsGtD1f2B-6-ta0TFYY1iSSf_N/ics?icsToken=98tyKuGrDMuHdKcthmDRpwMAlqgLO3wplhdjbd5zRm3lW0FLxf3ZtZkC4suGevj

Join Zoom Meeting

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

Meeting ID: 852 8476 9604
Passcode: 369652

One tap mobile

+16699009128,,85284769604#,,,,*369652# US (San Jose)
+17193594580,,85284769604#,,,,*369652# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +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

Meeting ID: 852 8476 9604
Passcode: 369652

Find your local number: <https://us02web.zoom.us/j/85284769604>

Topic: FAST TRACK SKILLS 8PM US EST
Time: Oct 3, 2023 20:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZlucO6gqz0rE9EyS3W8QdgvhcKRhtxJ25_b/ics?icsToken=98tyKuGurTwtEtGTsRCCRpwAA4_CKPzwmCFcj_p4hSy2NHhiZgTgPuFpALprCPKC

Join Zoom Meeting

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

Meeting ID: 863 7785 6195

Passcode: 316709

One tap mobile

+12532158782,,86377856195#,,,,*316709# US (Tacoma)

+13462487799,,86377856195#,,,,*316709# US (Houston)

Dial by your location

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Meeting ID: 863 7785 6195

Passcode: 316709

Find your local number: <https://us02web.zoom.us/j/kfg5yXau6>

Topic: SKILLS 10AM US EST

Time: Oct 2, 2023 10:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZyld-](https://us02web.zoom.us/meeting/tZyld-2tqj8rGNfv37JVQ4XraR_YiBvXln3/ics?icsToken=98tyKuGqpsuH9CRsRuERpwQGoigLO_wiClcjY1bikyvKRZiSFFOJONwDYt2Ms7o)

[2tqj8rGNfv37JVQ4XraR_YiBvXln3/ics?icsToken=98tyKuGqpsuH9CRsRuERpwQGoigLO_wiClcjY1bikyvKRZiSFFOJONwDYt2Ms7o](https://us02web.zoom.us/meeting/tZyld-2tqj8rGNfv37JVQ4XraR_YiBvXln3/ics?icsToken=98tyKuGqpsuH9CRsRuERpwQGoigLO_wiClcjY1bikyvKRZiSFFOJONwDYt2Ms7o)

Join Zoom Meeting

<https://us02web.zoom.us/j/82804544123?pwd=VFpVai9Zd3BsOUUxblJxYnpOUTBoQT09>

Meeting ID: 828 0454 4123

Passcode: 691651

One tap mobile

+12532158782,,82804544123#,,,,*691651# US (Tacoma)

+13462487799,,82804544123#,,,,*691651# US (Houston)

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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

Meeting ID: 828 0454 4123
Passcode: 691651

Find your local number: <https://us02web.zoom.us/j/kdeCQ22Kko>

Topic: SKILLS 8PM US EST

Time: Oct 2, 2023 20:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZ0vcuqhT4uGNPzdai7j7NuIppEYeubaO6/ics?icsToken=98tyKuGhrD4pE9OQtBuARpx5AI_4b_PwtiVbiY1thhfAikEaFTYl8tSlpdmFc3S

Join Zoom Meeting

<https://us02web.zoom.us/j/89253975427?pwd=QjlxZGhUNDRRZE5ib1hyVW12SitWZz09>

Meeting ID: 892 5397 5427
Passcode: 645588

One tap mobile

+17193594580,,89253975427#,,,,*645588# US
+12532050468,,89253975427#,,,,*645588# US

Dial by your location

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Meeting ID: 892 5397 5427
Passcode: 645588

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