



SKILLS NOVEMBER 2023

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: 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--oqzvwGdDOYWC9LDwROykv1zEwe5Bp/ics?icsToken=98tyKuGqqjssGtGStRqDRpwQBQoigM_TwmGZYjad5sybSIHl_RhTEGftJONINc_V

Join Zoom Meeting

<https://us02web.zoom.us/j/82406057534?pwd=bktTUuVGNEwHRNMVZNUeM3VFQ2QT09>

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/j/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
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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/tZcrcu2rpjstHNbulk57jcwdhx99GASaQmCP/ics?icsToken=98tyKuGrqD4uGdyVtx-FRpwqBI_4LOnxiGJago1fIRPuVndZYRTyPvoba5Vel9nh

Join Zoom Meeting

<https://us02web.zoom.us/j/83654380762?pwd=TktoYUM3YmQwT3Z0ZlhxblHFWaUVwUT09>

Meeting ID: 836 5438 0762
Passcode: 702362

One tap mobile

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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
• +1 312 626 6799 US (Chicago)

Meeting ID: 836 5438 0762
Passcode: 702362

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