



D1Y



NOVEMBER 2023

STRONGER TOGETHER

BOTH class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: 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/tZlqduqqzgvGNdIWWhpW7lPYOP4NN27ADwLr/ics?icsToken=98tyKuGuqTsoGNGWtRuERpwAB4jga-rwmHZYiY1ZkCtExcEbiPPGdIWHJwR_n0

Join Zoom Meeting

<https://us02web.zoom.us/j/86702253523?pwd=QmNtZWlTNVZhdUtMQ1VrZGVOa1IzUT09>

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/tZMtduusqTgtHNTsaoCBSoM7Dq7PmzSdCOex/ics?icsToken=98tyKuGvrjooHtOWtx-HRpwEAoj4a-jwtnZago1pjax7qIAIGbS6hEvMVAR9II9zz>

Join Zoom Meeting

<https://us02web.zoom.us/j/87012473760?pwd=NWZ1aW1NK3NhWHZPZFVxRXhxdUloUT09>

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>

Day Christensen is inviting you to a scheduled Zoom meeting.

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=988tyKuGrpziE9GRtRyCRpwwHYigWfPwmClYgvp4kiz1JAZ5SinYZcRSNLlaMfmH>

Join Zoom Meeting
<https://us02web.zoom.us/j/83908954555?pwd=bXdCL0dkVGptRUduVkoXSmlyUkJKUT09>

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
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- +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/j/kdbmVXitVp>