



FOUNDATIONS DECEMBER 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: Dec 5, 2023 07:00 Eastern Time (US and Canada)

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

Dec 5, 2023 07:00

Dec 7, 2023 07:00

Dec 12, 2023 07:00

Dec 14, 2023 07:00

Dec 19, 2023 07:00

Dec 21, 2023 07:00

Dec 26, 2023 07:00

Dec 28, 2023 07:00

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

Weekly: <https://us02web.zoom.us/meeting/tZwvfuzqrzkrG9cJgY3EBGBf1eA2ceP3p3Jp/ics?icsToken=98tyKuGgrDluGNWxsRiERpw-Alr4LQrzmHpcifpethicUAVxRSHwZ-djYLF6llvA>

Join Zoom Meeting

<https://us02web.zoom.us/j/88294212113?pwd=eijhoZ29nQjBBNWtHODF1SUNQRlFzZ09>

Meeting ID: 882 9421 2113

Passcode: 482388

One tap mobile

+12532158782,,88294212113#,,,,*482388# US (Tacoma)

+13462487799,,88294212113#,,,,*482388# 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: 882 9421 2113

Passcode: 482388

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

Topic: FOUNDATIONS 1PM US EST

Time: Dec 5, 2023 13:00 Eastern Time (US and Canada)

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

Dec 5, 2023 13:00

Dec 7, 2023 13:00

Dec 12, 2023 13:00

Dec 14, 2023 13:00

Dec 19, 2023 13:00

Dec 21, 2023 13:00

Dec 26, 2023 13:00

Dec 28, 2023 13:00

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

Weekly: https://us02web.zoom.us/meeting/tZAod-2ggT8vGtPQPpYpfzonFNkWP-idC-D-a/ics?icsToken=98tyKuGsqzsuEtORtRmARpwiGYigLPzwtiYjbdtrQ_cEyZJbQ3QGOLAv92FPud

Join Zoom Meeting

<https://us02web.zoom.us/j/84504874507?pwd=TUZrVEVxUHpOcXJXUmhKbU9DdkcxUT09>

Meeting ID: 845 0487 4507

Passcode: 348450

One tap mobile

+17193594580,,84504874507#,,,,*348450# US

+12532050468,,84504874507#,,,,*348450# 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)

• +1 309 205 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: 845 0487 4507

Passcode: 348450

Find your local number: <https://us02web.zoom.us/j/kQH83nrJy>

Topic: FOUNDATIONS 7PM US EST

Time: Dec 5, 2023 19:00 Eastern Time (US and Canada)

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

Dec 5, 2023 19:00

Dec 7, 2023 19:00

Dec 12, 2023 19:00

Dec 14, 2023 19:00

Dec 19, 2023 19:00

Dec 21, 2023 19:00

Dec 26, 2023 19:00

Dec 28, 2023 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZctce2qpj0sE9SwgUf_5bz3CzdTefMoot0T/ics?icsToken=98tyKuGrrj0uGNyTthCHRpwqAo_oLorxiCFdj_puixiQBR8GYBmlFfhGBrd5Pdff

Join Zoom Meeting

<https://us02web.zoom.us/j/83064286690?pwd=TUFTVBMbzUrc2oxbmt5UXAvTmFjQT09>

Meeting ID: 830 6428 6690

Passcode: 010011

One tap mobile

+13462487799,,83064286690#,,,,*010011# US (Houston)

+16694449171,,83064286690#,,,,*010011# 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: 830 6428 6690

Passcode: 010011

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