



SKILLS DECEMBER 2023

PLEASE READ:

If you are to miss a class and would like to request the recording, please email [assist.day1yoga@gmail.com](mailto: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: Dec 1, 2023 10:00 Eastern Time (US and Canada)**

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

Dec 1, 2023 10:00  
Dec 4, 2023 10:00  
Dec 6, 2023 10:00  
Dec 8, 2023 10:00  
Dec 11, 2023 10:00  
Dec 13, 2023 10:00  
Dec 15, 2023 10:00  
Dec 18, 2023 10:00  
Dec 20, 2023 10:00  
Dec 22, 2023 10:00  
Dec 25, 2023 10:00  
Dec 27, 2023 10:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0sdOGsrj4uE90gH3LVVJ7eON3Ij4HU7Wj6/ics?icsToken=98tyKuGhrzgiHtSQtBCORpx5BYiCWejzCVbj\\_oNmze2LxZISFTzGcwRG7grOO2H](https://us02web.zoom.us/meeting/tZ0sdOGsrj4uE90gH3LVVJ7eON3Ij4HU7Wj6/ics?icsToken=98tyKuGhrzgiHtSQtBCORpx5BYiCWejzCVbj_oNmze2LxZISFTzGcwRG7grOO2H)

Join Zoom Meeting

<https://us02web.zoom.us/j/89138405499?pwd=STNSbHgyMDRuODZNT0l1V0VsSDFjQT09>

Meeting ID: 891 3840 5499

Passcode: 285128

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One tap mobile

+16694449171,,89138405499#,,,,\*285128# US

+16699009128,,89138405499#,,,,\*285128# US (San Jose)

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Dial by your location

- +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)
- +1 346 248 7799 US (Houston)
- +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: 891 3840 5499  
Passcode: 285128

Find your local number: <https://us02web.zoom.us/j/kcKbm4m3cs>

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**Topic: SKILLS 8PM US EST**

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

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

Dec 1, 2023 20:00  
Dec 4, 2023 20:00  
Dec 6, 2023 20:00  
Dec 8, 2023 20:00  
Dec 11, 2023 20:00  
Dec 13, 2023 20:00  
Dec 15, 2023 20:00  
Dec 18, 2023 20:00  
Dec 20, 2023 20:00  
Dec 22, 2023 20:00  
Dec 25, 2023 20:00  
Dec 27, 2023 20:00

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Weekly: [https://us02web.zoom.us/meeting/tZErdU-rrjMjE90DRdYyhqplC6xCxhkUwAZ6/ics?icsToken=98tyKuGtqDosGdSduRCORpwMBlj4M-nziFxEj\\_oNuC3hOjlbCXp6FbRaEap3G-3H](https://us02web.zoom.us/meeting/tZErdU-rrjMjE90DRdYyhqplC6xCxhkUwAZ6/ics?icsToken=98tyKuGtqDosGdSduRCORpwMBlj4M-nziFxEj_oNuC3hOjlbCXp6FbRaEap3G-3H)

Join Zoom Meeting

<https://us02web.zoom.us/j/85616308999?pwd=emNFNGxqUUo3QlZPbnVFNDNGbXlzQT09>

Meeting ID: 856 1630 8999  
Passcode: 967595

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One tap mobile

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+12532050468,,85616308999#,,,,\*967595# US

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Dial by your location

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Meeting ID: 856 1630 8999  
Passcode: 967595

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