



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 ESTP

Time: Jan 2, 2024 07:00 Eastern Time (US and Canada)

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

Jan 2, 2024 07:00
Jan 4, 2024 07:00
Jan 9, 2024 07:00
Jan 11, 2024 07:00
Jan 16, 2024 07:00
Jan 18, 2024 07:00
Jan 23, 2024 07:00
Jan 25, 2024 07:00

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

Weekly: <https://us02web.zoom.us/meeting/tZ0kdemupzwsEtJdKlkJxCjGMi3iDwy-88r/ics?icsToken=98tyKuGhpzkqHN2SthGBRpx5HYjoc-7xmGZdj7d3mDTpCApLayD8Ec9LYbtbB8Gd>

Join Zoom Meeting

<https://us02web.zoom.us/j/89920697686?pwd=RnI3NU1JVkhBKzNEWtIqR0J2WG84Zz09>

Meeting ID: 899 2069 7686

Passcode: 173470

One tap mobile

+13462487799,,89920697686#,,,,*173470# US (Houston)

+16694449171,,89920697686#,,,,*173470# 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)
- +1 386 347 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: 899 2069 7686

Passcode: 173470

Find your local number: <https://us02web.zoom.us/j/k9nfdlXKg>

Topic: FOUNDATIONS 1PM US EST

Time: Jan 2, 2024 13:00 Eastern Time (US and Canada)

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

Jan 2, 2024 13:00

Jan 4, 2024 13:00

Jan 9, 2024 13:00

Jan 11, 2024 13:00

Jan 16, 2024 13:00

Jan 18, 2024 13:00

Jan 23, 2024 13:00

Jan 25, 2024 13:00

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

Weekly: <https://us02web.zoom.us/meeting/tZwpdOipqDwvH9LEFAU5WuAhy2CJEJRN1cD/ics?icsToken=98tyKuGgqjgrG9KStRyBRpw-BoiCd-vwpmZYgvpXuTnENnVkdYL-L7BhGdVlvP->

Join Zoom Meeting

<https://us02web.zoom.us/j/88431167556?pwd=ZUVyU0ZqeFBMeC9USk1TNkR1WmFCUT09>

Meeting ID: 884 3116 7556

Passcode: 090766

One tap mobile

+12532050468,,88431167556#,,,,*090766# US

+12532158782,,88431167556#,,,,*090766# 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

- +1 386 347 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: 884 3116 7556

Passcode: 090766

Find your local number: <https://us02web.zoom.us/j/kclW02vSUY>

Topic: FOUNDATIONS 7PM US EST

Time: Jan 2, 2024 19:00 Eastern Time (US and Canada)

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

Jan 2, 2024 19:00

Jan 4, 2024 19:00

Jan 9, 2024 19:00

Jan 11, 2024 19:00

Jan 16, 2024 19:00

Jan 18, 2024 19:00

Jan 23, 2024 19:00

Jan 25, 2024 19:00

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

Weekly: https://us02web.zoom.us/meeting/tZcvcOqrzWuEtYHLKwdaWg7uBrelqblPEUO/ics?icsToken=98tyKuGrrDwpGdGStBGFRpwqAl_Cb-nwmGZbi7dktDPOFCRCVQShi8BQN75uEtTg

Join Zoom Meeting

<https://us02web.zoom.us/j/83273357482?pwd=MDZTTytU50pybmZ4Nk9kS0VleJFNUT09>

Meeting ID: 832 7335 7482

Passcode: 061308

One tap mobile

+13462487799,,83273357482#,,,,*061308# US (Houston)

+16694449171,,83273357482#,,,,*061308# US

Dial by your location

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• +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)

• +1 360 209 5623 US

• +1 386 347 5053 US

• +1 507 473 4847 US

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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
- +1 312 626 6799 US (Chicago)

Meeting ID: 832 7335 7482

Passcode: 061308

Find your local number: <https://us02web.zoom.us/j/kd6UUwSYUP>