



DAY1YOGA MONTH ACCESS: JANUARY 2024

Welcome to JANUARY and the DAY1YOGA Membership!

THIS MONTH: Achieve: A Goal Setting Workshop and NYD class are included!

For those of you that don't know by now, I am available to connect, and get to know you better. I'm invested in you. I encourage you to reach out directly with any questions, comments, or compliments about classes or training or any workouts. Please keep my number at +1-773-443-9636 and feel free to text/whatsapp me or hang out after class. Please keep all office questions/recording requests/administrative needs/complaints (haha...) to Dottie (seriously email Dottie) at assist.day1yoga@gmail.com

All ZOOM codes are in this email. Please keep it for the month as it will have everything you need, including a calendar of events. Please use the **included iCal links to set reminders!** I want you to get the most out of this month and that means **showing up to class!** Following this PDF, Dottie will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love, Day



MEMBER FOLDER:

For you, as a member, we continue to maintain a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before removal. Please know it is **preferable for you to be live in class** and not rely on recordings

PLEASE DO NOT SHARE THE FOLDER

The link for the Members Showcase is:

<https://vimeo.com/showcase/10874947>

Password: TRIUMPH



JANUARY MEMBERSHIP CALENDAR

NEW YEARS DAY MIXED DRILLS:

January 1st @ 9am and 7pm US EST

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting January 3rd @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting January 2nd @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting January 2nd @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting January 3rd @ 10am and 8pm US EST (12 classes)

Topic: NEW YEARS DAY MIXED LEVEL CLASS 9AM
Time: Jan 1, 2024 09:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86485157985?pwd=OTVhK0wrQ0NyL0ljSDd3aTR1WUtzUT09>

Meeting ID: 864 8515 7985

Passcode: 432818

One tap mobile

+16694449171,,86485157985#,,,,*432818# US

+16699009128,,86485157985#,,,,*432818# US (San Jose)

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)
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
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- +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: 864 8515 7985

Passcode: 432818

Find your local number: <https://us02web.zoom.us/j/85497543680>

Topic: NEW YEARS DAY MIXED LEVEL CLASS 7PM US EST

Time: Jan 1, 2024 19:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85497543680?pwd=TS8wOUt5UVQ0cW1sY0p5MEdmamoxQT09>

Meeting ID: 854 9754 3680

Passcode: 648846

One tap mobile

+16699009128,,85497543680#,,,,*648846# US (San Jose)

+17193594580,,85497543680#,,,,*648846# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +1 253 205 0468 US
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- +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)

Meeting ID: 854 9754 3680

Passcode: 648846

Find your local number: <https://us02web.zoom.us/j/85497543680>

Topic: STRONGER 9AM US EST

Time: Jan 3, 2024 09:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZcocO6tqDopGNezhsqU3pRMoT3AP_1forPv/ics?icsToken=98tyKuGrqzwtH9KUsxuERpwqGY_CKO_wpn5ejY1Yhhf2EhUAcjHbOdYRE4JAQd7f

Join Zoom Meeting

<https://us02web.zoom.us/j/83577561323?pwd=YzhPNExMTDNMR1hkMzdCOBMMQ0ZnUT09>

Meeting ID: 835 7756 1323

Passcode: 424282

One tap mobile

+12532158782,,83577561323#,,,,*424282# US (Tacoma)

+13462487799,,83577561323#,,,,*424282# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
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- +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: 835 7756 1323

Passcode: 424282

Find your local number: <https://us02web.zoom.us/u/kJEIkgqzZ>

Topic: STRONGER 1PM US EST

Time: Jan 3, 2024 13:00 Eastern Time (US and Canada)

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

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

Weekly:

[https://us02web.zoom.us/meeting/tZckcemgqTsuE9x9YSbLiCxqUavF2oc1kO1X/ics?icsToken=98tyKuGrpz0qEtOVtBCPRpwqHY_oc_zwtmJbj_pFxSbWAQxaQRvnA-NUFOBwE4nb](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZckcemgqTsuE9x9YSbLiCxqUavF2oc1kO1X/ics?icsToken=98tyKuGrpz0qEtOVtBCPRpwqHY_oc_zwtmJbj_pFxSbWAQxaQRvnA-NUFOBwE4nb)

Join Zoom Meeting

<https://us02web.zoom.us/j/83960870498?pwd=c2RjT0hsZks5L3lwdnNkZnVqRVJlUT09>

Meeting ID: 839 6087 0498

Passcode: 345251

One tap mobile

+16699009128,,83960870498#,,,,*345251# US (San Jose)

+17193594580,,83960870498#,,,,*345251# US

Dial by your location

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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)

Meeting ID: 839 6087 0498

Passcode: 345251

Find your local number: <https://us02web.zoom.us/u/krmnkWs2a>

Topic: STRONGER 7PM US EST

Time: Jan 3, 2024 19:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZUvcemorDsqGtTYOzSTF3jdx1nJFPbl3euU/ics?icsToken=98tyKuGprD0qGtaVsBmHRpwcAl_oc_TzpmJfj_bdppTD_MBR1MQnyLrNMGJRPEvGD

Join Zoom Meeting

<https://us02web.zoom.us/j/81260020000?pwd=RzVqUXM0bHI0MjdCTERWRitvdDirZ09>

Meeting ID: 812 6002 0000

Passcode: 462569

One tap mobile

+13462487799,,81260020000#,,,,*462569# US (Houston)
+16694449171,,81260020000#,,,,*462569# US

Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US

Meeting ID: 812 6002 0000

Passcode: 462569

Find your local number: <https://us02web.zoom.us/j/kdiZDyO2tH>

Topic: FOUNDATIONS 7AM US ESTP

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZ0kdemupzwsEtJdKlkJxiCjGMi3iDwy-88r/ics?icsToken=98tyKuGhpzkqHN2StHGBRpx5HYjoc-7xmGZdj7d3mDTpCApLayD8Ec9LYbtbB8Gd>

Join Zoom Meeting

<https://us02web.zoom.us/j/89920697686?pwd=Rnl3NU1JVkhBKzNEWtIqR0J2WG84Zz09>

Meeting ID: 899 2069 7686

Passcode: 173470

One tap mobile

+13462487799,,89920697686#,,,,*173470# US (Houston)
+16694449171,,89920697686#,,,,*173470# US

Dial by your location

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- +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/k9nfdlXKq>

Topic: FOUNDATIONS 1PM US EST

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZwPdOipqDwvH9LEFAU5WuAhy2CJEJRKN1cD/ics?icsToken=98tyKuGgqjgrG9KStRyBRpw-BojCd-vwpmZYgvpXuTnENnVkdYL-L7BhGJdVlvP->

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
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- +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/kcIW02vSUY>

Topic: FOUNDATIONS 7PM US EST

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

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

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

Weekly:

https://us02web.zoom.us/meeting/tZcvcOgrqzWuEtYHLKwdqWg7uBrelqbIPEUO/ics?icsToken=98tyKuGrrDwpGdGStBGFRpwqAI_Cb-nwmGZbj7dktDPOFCRCVQShI8BQN75uEtTg

Join Zoom Meeting

<https://us02web.zoom.us/j/83273357482?pwd=MDZTTytuS0pybmZ4Nk9kS0VlejFNUT09>

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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- +1 305 224 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>

Topic: FAST TRACK SKILLS 8AM US EST

Time: Jan 2, 2024 08:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZ0uc-uvrz0jGdRvpv0fc4QURLB0XKlh3md/ics?icsToken=98tyKuGhrT8oHdWTuRqHRpx5A4-ga-3zmCFEjadvig_zUyZQNjLDBM5gYopUOdDc

Join Zoom Meeting

<https://us02web.zoom.us/j/89342716930?pwd=aXIKdysySWpXaHM3SjR4RERISU9aZz09>

Meeting ID: 893 4271 6930

Passcode: 721510

One tap mobile

+13462487799,,89342716930#,,,,*721510# US (Houston)

+16694449171,,89342716930#,,,,*721510# US

Dial by your location

• +1 346 248 7799 US (Houston)

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• +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

Meeting ID: 893 4271 6930

Passcode: 721510

Find your local number: <https://us02web.zoom.us/j/kthsOwQI3>

Topic: FAST TRACK SKILLS 8PM US EST

Time: Jan 2, 2024 20:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZclF-mrrj8sG9EkbCuzUL_881OfJ7K0TLL1/ics?icsToken=98tyKuGrpJmQgDsrthiCRpwqGoqgc-nziCldjfp4k3GFjpmTiyubrNzNJgoO4jk

Join Zoom Meeting

<https://us02web.zoom.us/j/83880304615?pwd=NWWJWFhJMTU3cFBWVG0wMFp5bHJ5dz09>

Meeting ID: 838 8030 4615

Passcode: 298322

One tap mobile

+17193594580,,83880304615#,,,,*298322# US

+12532050468,,83880304615#,,,,*298322# US

Dial by your location

- +1 719 359 4580 US
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- +1 305 224 1968 US
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Meeting ID: 838 8030 4615

Passcode: 298322

Find your local number: <https://us02web.zoom.us/u/kbA8o70hji>

Topic: SKILLS 10AM US EST

Time: Jan 3, 2024 10:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZ0ucuCoqjwvH9TIC7nZi8n0zRKhVlu_70u/ics?icsToken=98tyKuGhrT4jGtCstRyHRpx5A4_4XftwiGZygpptTyyDRpZOg2mLNBpOoRWBefv

Join Zoom Meeting

<https://us02web.zoom.us/j/89359047550?pwd=MG4wb1ZRzRfK1Vjemw4d0szR2U3Zz09>

Meeting ID: 893 5904 7550

Passcode: 485863

One tap mobile

+13462487799,,89359047550#,,,,*485863# US (Houston)

+16694449171,,89359047550#,,,,*485863# US

Dial by your location

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Topic: SKILLS 8PM US EST

Time: Jan 3, 2024 20:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZYpdOCrpjkhdx9IWvA13YLz4yOPD6WSwCl/ics?icsToken=98tyKuGqqjgJGdyXtR6PRpwQBojCXenxiHpYgqdFxBtSFQECMTraLLZbHYJbRu_j

Join Zoom Meeting

<https://us02web.zoom.us/j/82439382578?pwd=UUlmZGRUclVnRXBIRDdEdEdTJTUT09>

Meeting ID: 824 3938 2578

Passcode: 296849

One tap mobile

+16699009128,,82439382578#,,,,*296849# US (San Jose)

+17193594580,,82439382578#,,,,*296849# US

Dial by your location

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Meeting ID: 824 3938 2578

Passcode: 296849

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