



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

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

Jan 3, 2024 10:00

Jan 5, 2024 10:00

Jan 8, 2024 10:00

Jan 10, 2024 10:00

Jan 12, 2024 10:00

Jan 15, 2024 10:00

Jan 17, 2024 10:00

Jan 19, 2024 10:00

Jan 22, 2024 10:00

Jan 24, 2024 10:00

Jan 26, 2024 10:00

Jan 29, 2024 10:00

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

Weekly:

https://us02web.zoom.us/meeting/tZ0ucuCoqjwvH9TIC7nZj8n0zRKhVlu_70u/ics?icsToken=98tyKuGhrT4jGtCStRyHRpx5A4_4XftwiGZYgpptTyvDRpZOg2mLNBpOoRWBefv

Join Zoom Meeting

<https://us02web.zoom.us/j/89359047550?pwd=MG4wb1ZXRzRFk1VjJemw4d0szR2U3Zz09>

Meeting ID: 893 5904 7550

Passcode: 485863

One tap mobile

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

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Dial by your location

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• +1 253 215 8782 US (Tacoma)

• +1 646 558 8656 US (New York)

• +1 646 931 3860 US

• +1 689 278 1000 US

• +1 301 715 8592 US (Washington DC)

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• +1 507 473 4847 US

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Meeting ID: 893 5904 7550
Passcode: 485863

Find your local number: <https://us02web.zoom.us/j/kbmlTEyV4Q>

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)

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Jan 5, 2024 20:00
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Weekly:

https://us02web.zoom.us/meeting/tZYpdOCrpkvHdx9IWvA13YLz4yOPD6WSwCl/ics?icsToken=98tyKuGqqjgiGdyXtR6PRpwQBoiCXenxiHpYggdFxBtSFQECMTraLLZbHYJbRu_j

Join Zoom Meeting

<https://us02web.zoom.us/j/82439382578?pwd=UUlmZGRUclVnRXBjRDBTdEdEdTJTUT09>

Meeting ID: 824 3938 2578
Passcode: 296849

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Meeting ID: 824 3938 2578
Passcode: 296849

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