



D1Y



JANUARY 2024

STRONGER TOGETHER

BOTH class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: STRONGER 9AM US EST

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

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

- Jan 3, 2024 09:00
- Jan 5, 2024 09:00
- Jan 8, 2024 09:00
- Jan 10, 2024 09:00
- Jan 12, 2024 09:00
- Jan 15, 2024 09:00
- Jan 17, 2024 09:00
- Jan 19, 2024 09:00
- Jan 22, 2024 09:00
- Jan 24, 2024 09:00
- Jan 26, 2024 09:00
- Jan 29, 2024 09:00

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

Weekly:

https://us02web.zoom.us/meeting/tZcocO6tqDopGNezhsgU3pRMoT3AP_1forPv/ics?icsToken=98tyKuGrqzwtH9KUxsuERpwqGY_CKO_wpn5ejY1Yhhf2EhUAciHbOdYRE4JAQd7f

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
- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 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
- +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/j/kjEIkqgXZ>

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)

- Jan 3, 2024 13:00
- Jan 5, 2024 13:00
- Jan 8, 2024 13:00
- Jan 10, 2024 13:00
- Jan 12, 2024 13:00
- Jan 15, 2024 13:00
- Jan 17, 2024 13:00
- Jan 19, 2024 13:00
- Jan 22, 2024 13:00
- Jan 24, 2024 13:00
- Jan 26, 2024 13:00
- Jan 29, 2024 13:00

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

Weekly:

https://us02web.zoom.us/meeting/tZckcemgqTsuE9x9YSbLiCqUavF2oc1k01X/ics?icsToken=98tyKuGrpz0qEtOVtBCPRpwqHY_oc_zwtmJbj_pFxSbWAQxaQRvnA-NUFOBwE4nb

Join Zoom Meeting

<https://us02web.zoom.us/j/83960870498?pwd=c2RjTOhsZks5L3lwdnNkZnVgRVJTUT09>

Meeting ID: 839 6087 0498
Passcode: 345251

One tap mobile

+16699009128,,83960870498#,,,,*345251# US (San Jose)
+17193594580,,83960870498#,,,,*345251# US

Dial by your location

- +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)
- +1 669 444 9171 US
- +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
- +1 301 715 8592 US (Washington DC)

Meeting ID: 839 6087 0498
Passcode: 345251

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

- Jan 3, 2024 19:00
- Jan 5, 2024 19:00
- Jan 8, 2024 19:00
- Jan 10, 2024 19:00
- Jan 12, 2024 19:00
- Jan 15, 2024 19:00
- Jan 17, 2024 19:00
- Jan 19, 2024 19:00
- Jan 22, 2024 19:00
- Jan 24, 2024 19:00
- Jan 26, 2024 19:00
- Jan 29, 2024 19:00

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

Weekly:

https://us02web.zoom.us/meeting/tZUvcemorDsqGtTYOzSTF3jdx1nJFPbl3euU/ics?icsToken=98tyKuGprD0qGtaVsBmHRpwcAl_oc_TzpmJfjbdppTD_MBR1_MQnyLrNMGJRPEvGD

Join Zoom Meeting

<https://us02web.zoom.us/j/81260020000?pwd=RzVqUXM0bHlOMjdCTERWRitvdDlrZz09>

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)
- +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)
- +1 507 473 4847 US
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- +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/kdiZDyQ2tH>