



DAY1YOGA MONTH ACCESS: FEBRUARY 2024

Welcome to FEBRUARY and the DAY1YOGA Membership!

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/10913615>

Password: CONSISTENT



FEBRUARY MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting February 2nd @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting February 1st @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

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

SKILLS

Mondays, Wednesdays, and Fridays starting February 2nd @ 10am and 8pm US EST (12 classes)

Topic: STRONGER TOGETHER 9AM

Time: Feb 2, 2024 09:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/join/tZlufuisrj0tEtXmWblyq44Cu5ZcFsJ69xJ/ics?icsToken=98tyKuGurTlrHtSTxGGRpwAA4r4d-zjCFaj7dlpBLSAQIKcweiFfcXCLFZA_KG

Join Zoom Meeting

<https://us02web.zoom.us/j/86391406781?pwd=K2lMWi9ZWtdnamhpNkI0aWFTTmd4dz09>

Meeting ID: 863 9140 6781

Passcode: 180684

One tap mobile

+12532158782,,86391406781#,,,,*180684# US (Tacoma)

+13462487799,,86391406781#,,,,*180684# 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
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
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- +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

Meeting ID: 863 9140 6781
 Passcode: 180684

Find your local number: <https://us02web.zoom.us/j/kxkwGlo93>

Topic: STRONGER TOGETHER 1PM US EST
 Time: Feb 2, 2024 14:00 Eastern Time (US and Canada)
 Every week on Fri, Wed, Mon, 12 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZwodOmrtrjgrGNdkeKMoEfEr9643JtVlup9Q/ics?icsToken=98tyKuGgqzgaH9SWsRuERpw-GYjCc-zIHZcY1ZlxrOLi92ZCbkb7QWYzhrJvHF>

Join Zoom Meeting
<https://us02web.zoom.us/j/88530503123?pwd=aitxa001YU15bmxFOtG3bUpQZURudz09>

Meeting ID: 885 3050 3123
 Passcode: 265085

One tap mobile
 +12532158782,,88530503123#,,,,*265085# US (Tacoma)
 +13462487799,,88530503123#,,,,*265085# US (Houston)

- Dial by your location
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 - +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: 885 3050 3123
 Passcode: 265085

Find your local number: <https://us02web.zoom.us/j/kbRuiIRu8j>

Topic: STRONGER TOGETHER 7PM US EST
Time: Feb 2, 2024 19:00 Eastern Time (US and Canada)
Every week on Fri, Mon, Wed, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZlkc-GrqD0vE9AFM-5GIHLWibq4A2eYyT5L/ics?icsToken=98tyKuGupz8iGdKTtRCDRpwAHY-gWenwpiFyj_p8uiKoVgdfsi_BP-BTZpMtFeHj

Join Zoom Meeting

<https://us02web.zoom.us/j/86948366594?pwd=cUlVcXlUSG0rZ0VGWm5lRHNuandsdz09>

Meeting ID: 869 4836 6594

Passcode: 966955

One tap mobile

+16699009128,,86948366594#,,,,*966955# US (San Jose)

+17193594580,,86948366594#,,,,*966955# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +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

Meeting ID: 869 4836 6594

Passcode: 966955

Find your local number: <https://us02web.zoom.us/u/kclWRoSNB8>

Topic: FOUNDATIONS 7AM US EST
Time: Feb 1, 2024 07:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)

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

Weekly:

<https://us02web.zoom.us/meeting/tZAKde6urjgiEtReSE6AFzNgvodAJaRQR2IC/ics?icsToken=98tyKuGspzktHNSWuBGHRpwIHYjoKO7ziHZHj7dvmSzAVQF1eC3xIQ1GE5h-luni>

Join Zoom Meeting

<https://us02web.zoom.us/j/84927603880?pwd=ZEF1eUl1TmhiWFNzUWRnb0lzaWRuQT09>

Meeting ID: 849 2760 3880

Passcode: 821314

One tap mobile
+13462487799,,84927603880#,,,,*821314# US (Houston)
+16694449171,,84927603880#,,,,*821314# US

Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 309 205 3325 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

Meeting ID: 849 2760 3880
Passcode: 821314

Find your local number: <https://us02web.zoom.us/j/kcmuFYkL2z>

Topic: FOUNDATIONS 1PM US EST
Time: Feb 1, 2024 13:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZwrc-ytqjkvHtWSPxc2yWmtNdDS0XK8Akkz/ics?icsToken=98tyKuGgqD8vH9CXtR2GRpw-BI-gZ-wiHpYgrdqrv_9AHJKVQ7iGOZmAeJHO4Dx

Join Zoom Meeting
<https://us02web.zoom.us/j/88645542541?pwd=a29wVytIWIB3MWpTOTBqeDVwQkRnZz09>

Meeting ID: 886 4554 2541
Passcode: 315413

One tap mobile
+17193594580,,88645542541#,,,,*315413# US
+12532050468,,88645542541#,,,,*315413# US

Dial by your location

- +1 719 359 4580 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: 886 4554 2541
 Passcode: 315413

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

Topic: FOUNDATIONS 7PM US EST
 Time: Feb 1, 2024 19:00 Eastern Time (US and Canada)
 Every week on Thu, Tue, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZAkf-mhrDMtG9Ch1oXcJ0BgteE0DoFMl13f4/ics?icsToken=98tyKuGspzMqE9adtXiDRpwIHYggc_Pzplxajfp-IE7qOyN5MiHxludnFr1ZPdSB

Join Zoom Meeting

<https://us02web.zoom.us/j/84980928714?pwd=MGEvWnV1emxWUUUhqV01QR3lBNUcudz09>

Meeting ID: 849 8092 8714
 Passcode: 362142

One tap mobile

+12532050468,,84980928714#,,,,*362142# US
 +12532158782,,84980928714#,,,,*362142# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
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- +1 689 278 1000 US

Meeting ID: 849 8092 8714
 Passcode: 362142

Find your local number: <https://us02web.zoom.us/j/kbHl0Kl49G>

Topic: FAST TRACK SKILLS 8AM US EST

Time: Feb 1, 2024 08:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZ0ld-](https://us02web.zoom.us/meeting/tZ0ld-yhrTgjGNPC_BlfWlIzDWc6U2UxSns5/ics?icsToken=98tyKuGhpsvE9eWuRuARpx5GoigZ_PztnZEjY1tvyDHkizkSyrMetVBZictJcDj)

[yhrTgjGNPC_BlfWlIzDWc6U2UxSns5/ics?icsToken=98tyKuGhpsvE9eWuRuARpx5GoigZ_PztnZEjY1tvyDHkizkSyrMetVBZictJcDj](https://us02web.zoom.us/meeting/tZ0ld-yhrTgjGNPC_BlfWlIzDWc6U2UxSns5/ics?icsToken=98tyKuGhpsvE9eWuRuARpx5GoigZ_PztnZEjY1tvyDHkizkSyrMetVBZictJcDj)

Join Zoom Meeting

<https://us02web.zoom.us/j/89805933927?pwd=VDBJQy9nemE3SStwMUlWZ20ybVR6UT09>

Meeting ID: 898 0593 3927

Passcode: 553431

One tap mobile

+16694449171,,89805933927#,,,,*553431# US

+16699009128,,89805933927#,,,,*553431# 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

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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: 898 0593 3927

Passcode: 553431

Find your local number: <https://us02web.zoom.us/j/kon89NLSZ>

Topic: FAST TRACK SKILLS 8PM US EST

Time: Feb 1, 2024 20:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZcrdumhpi4rGtQNfvlbSi8Bj-](https://us02web.zoom.us/meeting/tZcrdumhpi4rGtQNfvlbSi8Bj-l9RrPwrlDb/ics?icsToken=98tyKuGrqDoqE9yQsRmHRpwqBJ4c_PxiCVcjbdsshzDyJgaFvUPK9Oa4BtIM_C)

[l9RrPwrlDb/ics?icsToken=98tyKuGrqDoqE9yQsRmHRpwqBJ4c_PxiCVcjbdsshzDyJgaFvUPK9Oa4BtIM_C](https://us02web.zoom.us/meeting/tZcrdumhpi4rGtQNfvlbSi8Bj-l9RrPwrlDb/ics?icsToken=98tyKuGrqDoqE9yQsRmHRpwqBJ4c_PxiCVcjbdsshzDyJgaFvUPK9Oa4BtIM_C)

Join Zoom Meeting

<https://us02web.zoom.us/j/83610985100?pwd=TnV6Q1ZpY25zWHRqSm1wZ1pyTjNwZz09>

Meeting ID: 836 1098 5100

Passcode: 255187

One tap mobile

+16699009128,,83610985100#,,,,*255187# US (San Jose)

+17193594580,,83610985100#,,,,*255187# US

Dial by your location

- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
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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: 836 1098 5100

Passcode: 255187

Find your local number: <https://us02web.zoom.us/j/kdZq5DQ2Nf>

Topic: SKILLS 10AM US EST

Time: Feb 2, 2024 10:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tz0td-](https://us02web.zoom.us/meeting/tz0td-2rpiwuHtMphmc1uqoctxalO6eX1E_e/ics?icsToken=98tyKuGhrjsuGdyStB2ARpx5AoigLOnxiGZbgrdwjBfoAHFGcwz1lvpDG50pFeCB)

[2rpiwuHtMphmc1uqoctxalO6eX1E_e/ics?icsToken=98tyKuGhrjsuGdyStB2ARpx5AoigLOnxiGZbgrdwjBfoAHFGcwz1lvpDG50pFeCB](https://us02web.zoom.us/meeting/tz0td-2rpiwuHtMphmc1uqoctxalO6eX1E_e/ics?icsToken=98tyKuGhrjsuGdyStB2ARpx5AoigLOnxiGZbgrdwjBfoAHFGcwz1lvpDG50pFeCB)

Join Zoom Meeting

<https://us02web.zoom.us/j/89004387447?pwd=NDJiaHVPakc2aG9HNjZgSzZNRDVnQT09>

Meeting ID: 890 0438 7447

Passcode: 051338

One tap mobile

+16694449171,,89004387447#,,,,*051338# US

+16699009128,,89004387447#,,,,*051338# US (San Jose)

Dial by your location

- +1 669 444 9171 US
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- +1 309 205 3325 US

Meeting ID: 890 0438 7447
Passcode: 051338

Find your local number: <https://us02web.zoom.us/j/kemRU7SDtT>

Topic: SKILLS 8PM US EST

Time: Feb 2, 2024 20:00 Eastern Time (US and Canada)
Every week on Fri, Wed, Mon, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZMvde6vrTosGtct3d7xN69nLCJeBq_eZ6PC/ics?icsToken=98tyKuGvrDktHdeUthmERpwEAljoKO3ztn5djbdeiEzhVDh9NFr4GsFoN5BuL93q

Join Zoom Meeting

<https://us02web.zoom.us/j/87227731603?pwd=WkxtWnAzQWVOSWV6R2FFM2gySjh0QT09>

Meeting ID: 872 2773 1603
Passcode: 439488

One tap mobile

+17193594580,,87227731603#,,,,*439488# US
+12532050468,,87227731603#,,,,*439488# US

Dial by your location

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- +1 646 931 3860 US

Meeting ID: 872 2773 1603
Passcode: 439488

Find your local number: <https://us02web.zoom.us/j/kxUL9kNGW>
