



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](mailto: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 EST**

**Time: Feb 1, 2024 07:00 Eastern Time (US and Canada)**

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

Feb 1, 2024 07:00  
Feb 6, 2024 07:00  
Feb 8, 2024 07:00  
Feb 13, 2024 07:00  
Feb 15, 2024 07:00  
Feb 20, 2024 07:00  
Feb 22, 2024 07:00  
Feb 27, 2024 07:00

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

Weekly:

<https://us02web.zoom.us/join/tZakde6urjgiEtReSE6AFzNgvodAJaRQR2IC/ics?icsToken=98tyKuGspzktHNSWuBGHRpwlHYjoKO7ziHZHj7dvmSzAVQF1eC3xIO1GE5h-luni>

Join Zoom Meeting

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

Meeting ID: 849 2760 3880

Passcode: 821314

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One tap mobile

+13462487799,,84927603880#,,,,\*821314# US (Houston)  
+16694449171,,84927603880#,,,,\*821314# US

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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)

- +1 309 205 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)
- +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)**

Feb 1, 2024 13:00

Feb 6, 2024 13:00

Feb 8, 2024 13:00

Feb 13, 2024 13:00

Feb 15, 2024 13:00

Feb 20, 2024 13:00

Feb 22, 2024 13:00

Feb 27, 2024 13:00

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-wiHpYgrdqry\\_9AHJKVQ7iGOZmAeJHO4Dx](https://us02web.zoom.us/meeting/tZwrc-ytqjkvHtWSPxc2yWmtNdDS0XK8Akkz/ics?icsToken=98tyKuGgqD8vH9CXtR2GRpw-BI-gZ-wiHpYgrdqry_9AHJKVQ7iGOZmAeJHO4Dx)

Join Zoom Meeting

<https://us02web.zoom.us/j/88645542541?pwd=a29wVytIWlB3MwptOTBqeDVwQkRnZz09>

Meeting ID: 886 4554 2541

Passcode: 315413

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One tap mobile

+17193594580,,88645542541#,,,,\*315413# US

+12532050468,,88645542541#,,,,\*315413# US

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Dial by your location

- +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
- +1 669 900 9128 US (San Jose)
- +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: 886 4554 2541  
Passcode: 315413

Find your local number: <https://us02web.zoom.us/j/84980928714>

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**Topic: FOUNDATIONS 7PM US EST**

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

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

- Feb 1, 2024 19:00
- Feb 6, 2024 19:00
- Feb 8, 2024 19:00
- Feb 13, 2024 19:00
- Feb 15, 2024 19:00
- Feb 20, 2024 19:00
- Feb 22, 2024 19:00
- Feb 27, 2024 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZakf-mhrDMtG9Ch1oXcJ0BgteEDoFMl13f4/ics?icsToken=98tyKuGspzMQe9adtxiDRpwIHYggc\\_Pzplxajfp-IE7qOyN5MiHxiudnFr1ZPdSB](https://us02web.zoom.us/meeting/tZakf-mhrDMtG9Ch1oXcJ0BgteEDoFMl13f4/ics?icsToken=98tyKuGspzMQe9adtxiDRpwIHYggc_Pzplxajfp-IE7qOyN5MiHxiudnFr1ZPdSB)

Join Zoom Meeting

<https://us02web.zoom.us/j/84980928714?pwd=MGEvWnV1emxWUUhqV01QR3lBNlUcWdz09>

Meeting ID: 849 8092 8714  
Passcode: 362142

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One tap mobile

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

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Dial by your location

- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
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- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
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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>