



D1Y



FEBRUARY 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 TOGETHER 9AM

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

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

- Feb 2, 2024 09:00
- Feb 5, 2024 09:00
- Feb 7, 2024 09:00
- Feb 9, 2024 09:00
- Feb 12, 2024 09:00
- Feb 14, 2024 09:00
- Feb 16, 2024 09:00
- Feb 19, 2024 09:00
- Feb 21, 2024 09:00
- Feb 23, 2024 09:00
- Feb 26, 2024 09:00
- Feb 28, 2024 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZlufuisri0tEtXXmWbivq44Cu5ZcFsJ69xJ/ics?icsToken=98tyKuGurTlrHtSTxGGRpAA4r4d-iziCFaj7dIpBLSAQKcweiFfcXCLFZA_KG

Join Zoom Meeting

<https://us02web.zoom.us/j/86391406781?pwd=K2lMwI9ZWtdnamhpNkl0aWFTTmd4dz09>

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
- +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: 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)

- Feb 2, 2024 14:00
- Feb 5, 2024 14:00
- Feb 7, 2024 14:00
- Feb 9, 2024 14:00
- Feb 12, 2024 14:00
- Feb 14, 2024 14:00
- Feb 16, 2024 14:00
- Feb 19, 2024 14:00
- Feb 21, 2024 14:00
- Feb 23, 2024 14:00
- Feb 26, 2024 14:00
- Feb 28, 2024 14:00

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

Weekly: <https://us02web.zoom.us/meeting/tzwodOmtrjgrGNdkeKMoEfer9643ltVlup9Q/ics?icsToken=98tyKuGgqzqgH9SWsRuERpw-GYiCc-zIHZciY1ZlXrOLi92ZCbkb7QWYzhrJvHF>

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

- +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
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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
- +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/kbRujlRu8j>

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)

Feb 2, 2024 19:00
Feb 5, 2024 19:00
Feb 7, 2024 19:00
Feb 9, 2024 19:00
Feb 12, 2024 19:00
Feb 14, 2024 19:00
Feb 16, 2024 19:00
Feb 19, 2024 19:00
Feb 21, 2024 19:00
Feb 23, 2024 19:00
Feb 26, 2024 19:00
Feb 28, 2024 19:00

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)
- +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
- +1 689 278 1000 US
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- +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/j/kclWRoSNB8>