



DAY1YOGA MONTH ACCESS: MARCH 2024

Welcome to MARCH 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/10997617>

Password: PECSANDLATS



MARCH MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting MARCH 1 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting MARCH 5 @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting MARCH 5 @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting MARCH 1 @ 10am and 8pm US EST (12 classes)

Topic: STRONGER TOGETHER 9AM US EST

Time: Mar 1, 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/meeting/tZUtcOmvqDotEtDTeEVUHWyJU6P5tg71f_e/ics?icsToken=98tyKuGprjwqHdKUtxGDRpwcAo_Cc-3wpn5aj7d5qBrANRV7VRr8A_YUAudrF4-B

Join Zoom Meeting

<https://us02web.zoom.us/j/81070761784?pwd=VTlhTVMzVjR0NndmQ3hyS1RQcVRTdz09>

Meeting ID: 810 7076 1784

Passcode: 388691

One tap mobile

+13462487799,,81070761784#,,,,*388691# US (Houston)

+16694449171,,81070761784#,,,,*388691# 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)
- +1 689 278 1000 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
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 810 7076 1784
Passcode: 388691

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

Topic: STRONGER TOGETHER 7PM US EST
Time: Mar 1, 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/tZUtdcGpzkuEtagjeY8vIUlkekqfmSPQSRk/ics?icsToken=98tyKuGprjkjEt2XtBGFRpwcAojoxfzxmHpbj7dcjRXgOnhFSzb6LudJI7Rvl-jh>

Join Zoom Meeting

<https://us02web.zoom.us/j/81029892482?pwd=dkVwamdxeiNhdDZ4b0dsbEJod3I4Zz09>

Meeting ID: 810 2989 2482
Passcode: 260506

One tap mobile

+16699009128,,81029892482#,,,,*260506# US (San Jose)
+17193594580,,81029892482#,,,,*260506# US

Dial by your location

- +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

Meeting ID: 810 2989 2482
Passcode: 260506

Find your local number: <https://us02web.zoom.us/j/kgSI6i7Do>

Topic: FOUNDATIONS 7AM US EST

Time: Mar 5, 2024 07:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZwtcu2qrD4iG9CYpoAgZAJQMx6KPBpMtV5/ics?icsToken=98tyKuGgrj4uGNuQuBiDRpw-Ao_4L0rzpiVHjfp-pQ_qlidpQwnHG_FaZJlPMsJ9

Join Zoom Meeting

<https://us02web.zoom.us/j/88054225814?pwd=cWk0QnRac2MvcFBBTiU1a3VqSiM4dz09>

Meeting ID: 880 5422 5814

Passcode: 825501

One tap mobile

+16699009128,,88054225814#,,,,*825501# US (San Jose)

+17193594580,,88054225814#,,,,*825501# US

Dial by your location

• +1 669 900 9128 US (San Jose)

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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

• +1 386 347 5053 US

Meeting ID: 880 5422 5814

Passcode: 825501

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

Topic: FOUNDATIONS 1PM US EST

Time: Mar 5, 2024 13:00 Eastern Time (US and Canada)

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

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

Weekly:

https://us02web.zoom.us/meeting/tZcrdOCTqjgiHdz4W8YqzjVv6BJWaxluS3v/ics?icsToken=98tyKuGrqDgjH9CWuB6PRpwqBlCXe_wiHZHgdHyCi9OifJeynAILRgGIV-CNTF

Join Zoom Meeting

<https://us02web.zoom.us/j/83639543878?pwd=ejBkNGNpSkVEMHp2OG5iUWxjcmhZUT09>

Meeting ID: 836 3954 3878

Passcode: 319840

One tap mobile

+13462487799,,83639543878#,,,,*319840# US (Houston)

+16694449171,,83639543878#,,,,*319840# US

Dial by your location

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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

Meeting ID: 836 3954 3878

Passcode: 319840

Find your local number: <https://us02web.zoom.us/j/kfvUls9FO>

Topic: FOUNDATIONS 7PM US EST

Time: Mar 5, 2024 19:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZUlcempgDgpHtXm7XflYpXlg5WlmsTzFC6y/ics?icsToken=98tyKuGppj0qG9KWsx2GRpwcGo_oc-vwpnZegrdkUjdBQxKciv6Mbd1G79sJML2

Join Zoom Meeting

<https://us02web.zoom.us/j/81860163341?pwd=aGVDeExGaS8wd2FzcThlNl6OGVvdz09>

Meeting ID: 818 6016 3341

Passcode: 395300

One tap mobile

+12532158782,,81860163341#,,,,*395300# US (Tacoma)

+13462487799,,81860163341#,,,,*395300# US (Houston)

Dial by your location

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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

Meeting ID: 818 6016 3341
 Passcode: 395300

Find your local number: <https://us02web.zoom.us/j/ky8Ssc9N7>

Topic: FAST TRACK 8AM US EST
Time: Mar 5, 2024 08:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZ0ldeysqzovGNei5s_epmn8Kh4O9ZlyAFR3/ics?icsToken=98tyKuGhpjvHtGutRuERpx5GojoZ-jwmH5YjY1YlUr2PCVDwb2uHeoWHetFHMHx

Join Zoom Meeting
<https://us02web.zoom.us/j/89825451523?pwd=cXhIR2dXUmRoTFBhRmhqM0Z2b215Zz09>

Meeting ID: 898 2545 1523
Passcode: 618449

One tap mobile
 +17193594580,,89825451523#,,,,*618449# US
 +12532050468,,89825451523#,,,,*618449# US

- Dial by your location
- +1 719 359 4580 US
 - +1 253 205 0468 US
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 - +1 312 626 6799 US (Chicago)
 - +1 360 209 5623 US
 - +1 386 347 5053 US

Meeting ID: 898 2545 1523
 Passcode: 618449

Find your local number: <https://us02web.zoom.us/j/kcKmAQQ6DJ>

Topic: FAST TRACK 8PM US EST

Time: Mar 5, 2024 20:00 Eastern Time (US and Canada)

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

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

Weekly: [https://us02web.zoom.us/meeting/tZAvd-](https://us02web.zoom.us/meeting/tZAvd-CgrjwoGdw5rAIEOQwNgz7kivEms8ks/ics?icsToken=98tyKuGsrDsiEtSSshqPRpwAligXfziGZBjadKyQ3EKgV8UxTYMfgVObtpNdXD)

[CgrjwoGdw5rAIEOQwNgz7kivEms8ks/ics?icsToken=98tyKuGsrDsiEtSSshqPRpwAligXfziGZBjadKyQ3EKgV8UxTYMfgVObtpNdXD](https://us02web.zoom.us/meeting/tZAvd-CgrjwoGdw5rAIEOQwNgz7kivEms8ks/ics?icsToken=98tyKuGsrDsiEtSSshqPRpwAligXfziGZBjadKyQ3EKgV8UxTYMfgVObtpNdXD)

Join Zoom Meeting

<https://us02web.zoom.us/j/84209807238?pwd=cGt4dUM2Q3RVOFILUVB6WVpReExNdz09>

Meeting ID: 842 0980 7238

Passcode: 907431

One tap mobile

+12532050468,,84209807238#,,,,*907431# US

+12532158782,,84209807238#,,,,*907431# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 842 0980 7238

Passcode: 907431

Find your local number: <https://us02web.zoom.us/u/kdu9jen14Q>

Topic: SKILLS 10AM US EST

Time: Mar 1, 2024 10:00 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/tZEtdO-](https://us02web.zoom.us/meeting/tZEtdO-grDkqE918wUptNDJ1nbsQ9BVQ6UE4/ics?icsToken=98tyKuGtrjgsEtaXsBCORpwMAojCM_zzpnpfj_oMxAjQEzR9RimnOOBRA-tdJumG)

[grDkqE918wUptNDJ1nbsQ9BVQ6UE4/ics?icsToken=98tyKuGtrjgsEtaXsBCORpwMAojCM_zzpnpfj_oMxAjQEzR9RimnOOBRA-tdJumG](https://us02web.zoom.us/meeting/tZEtdO-grDkqE918wUptNDJ1nbsQ9BVQ6UE4/ics?icsToken=98tyKuGtrjgsEtaXsBCORpwMAojCM_zzpnpfj_oMxAjQEzR9RimnOOBRA-tdJumG)

Join Zoom Meeting

<https://us02web.zoom.us/j/85036822099?pwd=YlpXVjhjZ0hRSVlzaWcwQTZ4Q2ZZQT09>

Meeting ID: 850 3682 2099

Passcode: 919913

One tap mobile
+17193594580,,85036822099#,,,,*919913# US
+12532050468,,85036822099#,,,,*919913# US

Dial by your location

- +1 719 359 4580 US
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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 850 3682 2099

Passcode: 919913

Find your local number: <https://us02web.zoom.us/j/kcCy0PonZs>

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Topic: SKILLS 8PM US EST

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

Every week on Fri, Wed, Mon, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZlSfugopi4oHtlycTjEW7XMPKv24W-kwrz5/ics?icsToken=98tyKuGurzlpGtyQsh2BRpwABYr4b_TxiCVBgrd0hRzRCQVknTvbBslUYOZIXdPH

Join Zoom Meeting

<https://us02web.zoom.us/j/86193085246?pwd=d0l1SjM1aTg2NzAwZzAwd0EycEpKdz09>

Meeting ID: 861 9308 5246

Passcode: 037063

One tap mobile
+13462487799,,86193085246#,,,,*037063# US (Houston)
+16694449171,,86193085246#,,,,*037063# US

Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 386 347 5053 US
- +1 507 473 4847 US

Meeting ID: 861 9308 5246
Passcode: 037063

Find your local number: <https://us02web.zoom.us/j/kcC2ffM2Bs>
