



DAY1YOGA MONTH ACCESS: APRIL 2024

Welcome to APRIL 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/11057737>

Password: GRATITUDE



APRIL MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

Tuesdays and Thursdays starting APRIL 2ND @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting APRIL 2ND @ 8am and 8pm US EST (8 meetings)

SKILLS

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

Topic: STRONGER 9AM US EST

Time: Apr 1, 2024 09:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/j/85032993026?pwd=ZFd4dENUaXVVRM1pXV2FEYzNVYThUUT09sUn5a78rVnyr0vuzalIq/ics?icsToken=98tyKuGtrigoE92WsBuBRpwMAoiCa_PxmHZfjY120QzQDXVSNVvKA0xblOJpBcLR

https://us02web.zoom.us/j/85032993026?pwd=ZFd4dENUaXVVRM1pXV2FEYzNVYThUUT09sUn5a78rVnyr0vuzalIq/ics?icsToken=98tyKuGtrigoE92WsBuBRpwMAoiCa_PxmHZfjY120QzQDXVSNVvKA0xblOJpBcLR

Join Zoom Meeting

<https://us02web.zoom.us/j/85032993026?pwd=ZFd4dENUaXVVRM1pXV2FEYzNVYThUUT09>

Meeting ID: 850 3299 3026

Passcode: 234454

One tap mobile

+16699009128,,85032993026#,,,,*234454# US (San Jose)

+17193594580,,85032993026#,,,,*234454# 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
- +1 646 558 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: 850 3299 3026
Passcode: 234454

Find your local number: <https://us02web.zoom.us/j/ks6QYHA5I>

Topic: STRONGER 7PM US EST
Time: Apr 1, 2024 19:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

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

Weekly:

https://us02web.zoom.us/meeting/tZEKce6oqT8uHtdg2dkVQ5_WEFkMuixdFNTG/ics?icsToken=98tyKuGtpz0tGtORTB2ERpwMHY_oKPTwtiilbgrdZm03hCBZiNzBE-RpH6d2CNz2

Join Zoom Meeting

<https://us02web.zoom.us/j/85967074443?pwd=eUtZUHJjZzk1d0RpanlCbVJUzZrQT09>

Meeting ID: 859 6707 4443
Passcode: 768273

One tap mobile

+16694449171,,85967074443#,,,,*768273# US
+16699009128,,85967074443#,,,,*768273# US (San Jose)

Dial by your location

- +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
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US

Meeting ID: 859 6707 4443
Passcode: 768273

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

Topic: FOUNDATIONS 7AM US EST
Time: Apr 2, 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/tZAof-ivpiliH9VGAfh9MzRjRgbrounTmc8U/ics?icsToken=98tyKuGsqzMrHdyCuByGRpwIGYqgd-3xiFhHgvpruz7jC3l-eDH8BOVAIL1qHuzd>

Join Zoom Meeting

<https://us02web.zoom.us/j/84581789851?pwd=Q1orei9LODJ5RmJjZiV0MiBTRDkzd09>

Meeting ID: 845 8178 9851

Passcode: 487807

One tap mobile

+17193594580,,84581789851#,,,,*487807# US

+12532050468,,84581789851#,,,,*487807# US

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)

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• +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: 845 8178 9851

Passcode: 487807

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

Topic: FOUNDATIONS 1PM US EST

Time: Apr 2, 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/tZcrd-Ghpz0qHtVtzfxc07uW3bFlotgaUdOn/ics?icsToken=98tyKuGrqDsiE92TsB2GRpwqBligWfPxmCFgrdriAXiOyMDNRbBZeBkG71rF9nl>

Join Zoom Meeting

<https://us02web.zoom.us/j/83608996041?pwd=c25SemF3S0szM1dmentPQ3p5d2JMz09>

Meeting ID: 836 0899 6041

Passcode: 328241

One tap mobile

+16694449171,,83608996041#,,,,*328241# US

+16699009128,,83608996041#,,,,*328241# US (San Jose)

Dial by your location

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Meeting ID: 836 0899 6041

Passcode: 328241

Find your local number: <https://us02web.zoom.us/j/kenXvmmgY0>

Topic: FOUNDATIONS 7PM US EST

Time: Apr 2, 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/tZclduisrDkoEtIPlmfLpWNqAGzxD5wqUxnD/ics?icsToken=98tyKuGrpiorHtaXshGBRpwgGoi4d-izpnpBi7d0rBPoBQxDVS3nF8VYKpYqB8nl>

Join Zoom Meeting

<https://us02web.zoom.us/j/83811422286?pwd=bWxta1dwcjFuUkhnWmw5ZnBuWHczZz09>

Meeting ID: 838 1142 2286

Passcode: 836402

One tap mobile

+12532050468,,83811422286#,,,,*836402# US

+12532158782,,83811422286#,,,,*836402# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 838 1142 2286

Passcode: 836402

Find your local number: <https://us02web.zoom.us/j/kcx8vZ9Q7f>

Topic: SKILLS 10AM US EST

Time: Apr 1, 2024 10:00 Eastern Time (US and Canada)

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

Apr 26, 2024 10:00

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

Weekly: https://us02web.zoom.us/meeting/tZwtdeutpiorEtNBm_wCmHODs5qDpsqdWvge/ics?icsToken=98tyKuGgrikoH9yUsRGARpw-Aojoa-xiH5cj7dzvhLaFANeSizSjbdTFqJsAdzn

Join Zoom Meeting

<https://us02web.zoom.us/j/88022581187?pwd=UFY5RilhNVQxdkIPVmFaTE9vV3JtZz09>

Meeting ID: 880 2258 1187

Passcode: 551423

One tap mobile

+12532158782,,88022581187#,,,,*551423# US (Tacoma)

+13462487799,,88022581187#,,,,*551423# US (Houston)

Dial by your location

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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)

Meeting ID: 880 2258 1187
Passcode: 551423

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

Topic: SKILLS 8PM US EST
Time: Apr 1, 2024 20:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZAqc-6gpi8sH9xw72FALT0w4ZotcWHYrPy/ics?icsToken=98tyKuGsgT8tGNyRthyPRpwIB4-gKOrxiCldgvpFiOi3JQF_dIhYthNjrFIOHJ

Join Zoom Meeting
<https://us02web.zoom.us/j/84747284658?pwd=azliU2cvZHd4ckcyeHVmR092ek9PdZ09>

Meeting ID: 847 4728 4658
Passcode: 451611

One tap mobile
+12532050468,,84747284658#,,,,*451611# US
+12532158782,,84747284658#,,,,*451611# US (Tacoma)

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- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 847 4728 4658
Passcode: 451611

Find your local number: <https://us02web.zoom.us/j/kdxN2NPrLF>

Topic: FAST TRACK SKILLS 8AM US EST
Time: Apr 2, 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/tZYsf-CgqjouGdFwiDIMw_B589WUnOjtx9xa/ics?icsToken=98tyKuGqrzMiEtCUTBqCRpwQBYqgXfzwiH5bjad7ixXBKg1EXSGibrt1B7xQGszl

Join Zoom Meeting
<https://us02web.zoom.us/j/82189841435?pwd=K2kvU1MyZjdickFXSXJCWlRgc3Q5Zz09>

Meeting ID: 821 8984 1435
Passcode: 319658

One tap mobile
+12532158782,,82189841435#,,,,*319658# US (Tacoma)
+13462487799,,82189841435#,,,,*319658# US (Houston)

Dial by your location

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Meeting ID: 821 8984 1435
Passcode: 319658

Find your local number: <https://us02web.zoom.us/j/kuiVOeQt8>

Topic: FAST TRACK SKILLS 8PM US EST
Time: Apr 2, 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/tZ0vf-uuqDssGdMmdgBDzHl3cCriQ2oQ0oeU/ics?icsToken=98tyKuGhrDMoHNKVthqARpx5Algga-7wpmJdjadwkRviiQRJSg-lNcFQQ4MtH-mA>

Join Zoom Meeting

<https://us02web.zoom.us/j/89282660637?pwd=NjFubzZSOUZrVFZ1dmJRNVR4SmVTdz09>

Meeting ID: 892 8266 0637
Passcode: 958775

One tap mobile
+16694449171,,89282660637#,,,,*958775# US
+16699009128,,89282660637#,,,,*958775# US (San Jose)

Dial by your location

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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: 892 8266 0637

Passcode: 958775

Find your local number: <https://us02web.zoom.us/j/kciFK2re9U>