



FOUNDATIONS APRIL 2024

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 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: Apr 2, 2024 07:00 Eastern Time (US and Canada)

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

Apr 2, 2024 07:00
Apr 4, 2024 07:00
Apr 9, 2024 07:00
Apr 11, 2024 07:00
Apr 16, 2024 07:00
Apr 18, 2024 07:00
Apr 23, 2024 07:00
Apr 25, 2024 07:00

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

Weekly: <https://us02web.zoom.us/meeting/tZAof-ivpiliH9VGafh9MzRjRgbrounTmc8U/ics?icsToken=98tyKuGsqzMrHdycuByGRpwIGYgqd-3xiFhHgvpruz7jC3l-eDH8BOVAIL1qHuzd>

Join Zoom Meeting

<https://us02web.zoom.us/j/84581789851?pwd=Q1orei9LODJ5RmJZjVOMjBTRDkzdz09>

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)
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +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: 845 8178 9851

Passcode: 487807

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

Apr 2, 2024 13:00

Apr 4, 2024 13:00

Apr 9, 2024 13:00

Apr 11, 2024 13:00

Apr 16, 2024 13:00

Apr 18, 2024 13:00

Apr 23, 2024 13:00

Apr 25, 2024 13:00

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

Weekly: [https://us02web.zoom.us/meeting/tZcrd-](https://us02web.zoom.us/meeting/tZcrd-Ghpz0qHtVtzfXc07uW3bFlotgaUdOn/ics?icsToken=98tyKuGrqDsiE92TsB2GRpwaBligWfPxmCFfgdrriAXjOyMDNrbBZeBkG71rF9nl)

[Ghpz0qHtVtzfXc07uW3bFlotgaUdOn/ics?icsToken=98tyKuGrqDsiE92TsB2GRpwaBligWfPxmCFfgdrriAXjOyMDNrbBZeBkG71rF9nl](https://us02web.zoom.us/meeting/tZcrd-Ghpz0qHtVtzfXc07uW3bFlotgaUdOn/ics?icsToken=98tyKuGrqDsiE92TsB2GRpwaBligWfPxmCFfgdrriAXjOyMDNrbBZeBkG71rF9nl)

Join Zoom Meeting

<https://us02web.zoom.us/j/83608996041?pwd=c25SemF3S0szM1dmemtPQ3p5d2JMZz09>

Meeting ID: 836 0899 6041

Passcode: 328241

One tap mobile

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

+16699009128,,83608996041#,,,,*328241# 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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• +1 253 215 8782 US (Tacoma)

• +1 346 248 7799 US (Houston)

- +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
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)

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)

Apr 2, 2024 19:00

Apr 4, 2024 19:00

Apr 9, 2024 19:00

Apr 11, 2024 19:00

Apr 16, 2024 19:00

Apr 18, 2024 19:00

Apr 23, 2024 19:00

Apr 25, 2024 19:00

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

Weekly: <https://us02web.zoom.us/meeting/tZclduisrDkoEtIPlmfLpWNqAGzxD5wqUxnD/ics?icsToken=98tyKuGrpiorHtaXshGBRpwqGoi4d-izpnpBi7dOrBPoBQxDVS3nF8VYKpYqB8nl>

Join Zoom Meeting

<https://us02web.zoom.us/j/83811422286?pwd=bWxta1dwcjFuUkhmWmw5ZnBuWHczZz09>

Meeting ID: 838 1142 2286

Passcode: 836402

One tap mobile

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

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

Dial by your location

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• +1 669 900 9128 US (San Jose)

• +1 719 359 4580 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
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- +1 689 278 1000 US
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- +1 305 224 1968 US

Meeting ID: 838 1142 2286

Passcode: 836402

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