



D1Y



MAY 2024 FAST TRACK SKILLS

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: FAST TRACK SKILLS 8AM US EST

Time: May 2, 2024 08:00 Eastern Time (US and Canada)

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

May 2, 2024 08:00
May 7, 2024 08:00
May 9, 2024 08:00
May 14, 2024 08:00
May 16, 2024 08:00
May 21, 2024 08:00
May 23, 2024 08:00
May 28, 2024 08:00

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

Weekly:

https://us02web.zoom.us/meeting/tZYpcOghpzOrHdfNwI6Sx98vTk_1PEauQhzU/ics?icsToken=98tyKuGgqjwpE92TsR6ERpwQBo_Cb_PxmCFcgqdbsgjMVRNLO1vgAul9Y4JaEc3h

Join Zoom Meeting

<https://us02web.zoom.us/j/82473996173?pwd=MDFwazAxRGtuSjhqYzV3S3REU0gyZz09>

Meeting ID: 824 7399 6173

Passcode: 131829

One tap mobile

+12532158782,,82473996173#,,,,*131829# US (Tacoma)
+13462487799,,82473996173#,,,,*131829# 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
- +1 312 626 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
- +1 309 205 3325 US

Meeting ID: 824 7399 6173

Passcode: 131829

Find your local number: <https://us02web.zoom.us/j/kegzi1CXIq>

Topic: FAST TRACK SKILLS 8PM US EST

Time: May 2, 2024 20:00 Eastern Time (US and Canada)

Every week on Thu, Tue, until Jun 13, 2024, 13 occurrence(s)

May 2, 2024 20:00
May 7, 2024 20:00
May 9, 2024 20:00
May 14, 2024 20:00
May 16, 2024 20:00
May 21, 2024 20:00
May 23, 2024 20:00
May 28, 2024 20:00
May 30, 2024 20:00
Jun 4, 2024 20:00
Jun 6, 2024 20:00
Jun 11, 2024 20:00
Jun 13, 2024 20:00

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

Weekly: https://us02web.zoom.us/meeting/tZckd-6hrDouH9IIQJ-4KnjIbaV_Jp9ygG0/ics?icsToken=98tyKuGrpzstE9aUtByBRpwqHYigKPPzpn5bgvp0tTDPTnR4bAnfNONODY1VAIHJ

<https://us02web.zoom.us/j/83907921456?pwd=OUZLWjNjMjZHQwcjhYTFpdFUrMXlpdz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/83907921456?pwd=OUZLWjNjMjZHQwcjhYTFpdFUrMXlpdz09>

Meeting ID: 839 0792 1456

Passcode: 595860

One tap mobile

+12532050468,,83907921456#,,,,*595860# US

+12532158782,,83907921456#,,,,*595860# US (Tacoma)

Dial by your location

- +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)
- +1 719 359 4580 US
- +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
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 839 0792 1456

Passcode: 595860

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