



DAY1YOGA MONTH ACCESS: MAY 2024

Welcome to MAY 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/11129010>

Password: ACTION



MAY MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

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

FAST TRACK SKILLS

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

SKILLS

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

Topic: STRONGER 9AM US EST

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

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

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

Weekly: <https://us02web.zoom.us/j/89516650722?pwd=REtjTFVmVFJUN2l1QWh3ZnlnM2JUZz097wmGJaiY1ksz7yKx9iY075lOdUj6J5JdLk>

Join Zoom Meeting

<https://us02web.zoom.us/j/89516650722?pwd=REtjTFVmVFJUN2l1QWh3ZnlnM2JUZz09>

Meeting ID: 895 1665 0722

Passcode: 980963

One tap mobile

+12532050468,,89516650722#,,,,*980963# US

+12532158782,,89516650722#,,,,*980963# 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)
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- +1 646 558 8656 US (New York)

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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
- +1 507 473 4847 US

Meeting ID: 895 1665 0722
Passcode: 980963

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZwucOusrjMsGdAmOnCVlnWRk9LtmvvsJt0a/ics?icsToken=98tyKuGgrTwoHtSdthqDRpw-A4_Ca-jziFxdjad8kU_rlBZfbDTEPbtuJp9yBsv6

Join Zoom Meeting
<https://us02web.zoom.us/j/88372408634?pwd=QTVqRnFxb0o1SWpxWHFJRkg2aUtrQT09>

Meeting ID: 883 7240 8634
Passcode: 614611

One tap mobile
+16699009128,,88372408634#,,,,*614611# US (San Jose)
+17193594580,,88372408634#,,,,*614611# 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
- +1 507 473 4847 US

Meeting ID: 883 7240 8634
Passcode: 614611

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

Topic: FOUNDATIONS 7AM US EST
Time: May 2, 2024 07:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZAkduCrrgiHNfWhsNSDeDmOjYc4pp_8h6m/ics?icsToken=98tyKuGspzojGdWWuB-ERpwiHYj4XenzmHZHgo1bqxf2LRN3Zyf7Geh7MeZVAOel

Join Zoom Meeting

<https://us02web.zoom.us/j/84919313863?pwd=MXBoenZKY3lIOW4xS1dkTGNpdEF1UT09>

Meeting ID: 849 1931 3863

Passcode: 801733

One tap mobile

+17193594580,,84919313863#,,,,*801733# US

+12532050468,,84919313863#,,,,*801733# US

Dial by your location

- +1 719 359 4580 US
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- +1 301 715 8592 US (Washington DC)

Meeting ID: 849 1931 3863

Passcode: 801733

Find your local number: <https://us02web.zoom.us/u/k8NluSYW7>

Topic: FOUNDATIONS 1PM US EST

Time: May 2, 2024 13:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZUvc-2pqzgpGdUzlcNeK1rJ65AUEn5gx6oE/ics?icsToken=98tyKuGprD8uG9GWsxqGRpwcAl-gLOvwmHZejadohhPmLSV4MxHcYLdJB5dxRd_I

Join Zoom Meeting

<https://us02web.zoom.us/j/81244153331?pwd=V2ZyVzhiODBhNk9SM3hLQ3M3Sk82dz09>

Meeting ID: 812 4415 3331

Passcode: 196210

One tap mobile

+12532158782,,81244153331#,,,,*196210# US (Tacoma)

+13462487799,,81244153331#,,,,*196210# 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: 812 4415 3331
Passcode: 196210

Find your local number: <https://us02web.zoom.us/j/kwPKC6fEj>

Topic: FOUNDATIONS 7PM US EST
Time: May 2, 2024 19:00 Eastern Time (US and Canada)
Every week on Thu, Tue, 8 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: <https://us02web.zoom.us/meeting/tZclf-2sqz4qHNUNKNVNSQ6wYSS0l6TGUcsL7/ics?icsToken=98tyKuGrpjMuHTGQsB-GRPwqGogglOiwmcVfgo1oshTTLXViNBTPBdESpuRLN-3T>

Join Zoom Meeting
<https://us02web.zoom.us/j/83884455061?pwd=THJYcTRuYVtNtUdDSllyN29ONWFsdz09>

Meeting ID: 838 8445 5061
Passcode: 192751

One tap mobile
+17193594580,,83884455061#,,,,*192751# US
+12532050468,,83884455061#,,,,*192751# US

Dial by your location

- +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: 838 8445 5061
Passcode: 192751

Find your local number: <https://us02web.zoom.us/j/kek90NCh4f>

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)

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

Weekly:

https://us02web.zoom.us/meeting/tZYpcOghpz0rHdfNwI6Sx98vTk_1PEauQhZU/ics?icsToken=98tyKuGqqjwpE92TsR6ERpwQBo_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)

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- +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/u/kegzj1CXlq>

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)

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=98tyKuGrpzstE9aUtByBRpwqHYigKPPzn5bgvp0tTDPTnR4bAnfNONODY1VAIHJ

Join Zoom Meeting

<https://us02web.zoom.us/j/83907921456?pwd=OUZLWjNMZHQwcjhxYTFpdFUrMXJpdz09>

Meeting ID: 839 0792 1456

Passcode: 595860

One tap mobile

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

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

Dial by your location

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- +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>

Topic: SKILLS 10AM US EST

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZcuf-muqjltGtPJ4i7hA30PGx4Yy08O89GN/ics?icsToken=98tyKuGrrTMqHNCctxmARpwqA4qgc-7wiFhaibdtkvsVChyMVPGEfoWC6svSPel>

Join Zoom Meeting

<https://us02web.zoom.us/j/83380649707?pwd=aWRNVlRrd3JsNHhEwZTI3U1NWWjJadz09>

Meeting ID: 833 8064 9707

Passcode: 370557

One tap mobile

+17193594580,,83380649707#,,,,*370557# US

+12532050468,,83380649707#,,,,*370557# US

Dial by your location

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- +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: 833 8064 9707
Passcode: 370557

Find your local number: <https://us02web.zoom.us/j/83380649707>

Topic: SKILLS 8PM US EST

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

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

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

Weekly: <https://us02web.zoom.us/meeting/tZwrdu2sqijHdTUDeIMVg8EhVA469j0HEqg/ics?icsToken=98tyKuGgqDouHtCcuR6HRpw-Blj4LOjwiFhEgdpqTvgKg1lZVvTPtRjZuQmGoj4>

Join Zoom Meeting

<https://us02web.zoom.us/j/88614449970?pwd=S3V3RDRqbYrNDdnUi96RGxGa1J6dz09>

Meeting ID: 886 1444 9970
Passcode: 318240

One tap mobile

+12532050468,,88614449970#,,,,*318240# US
+12532158782,,88614449970#,,,,*318240# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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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: 886 1444 9970
Passcode: 318240

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