



DAY1YOGA MONTH ACCESS: JUNE 2024

Welcome to JUNE 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**

PLEASE NOTE: The Stronger Together and Skills evening classes on June 7th have been rescheduled. The morning classes (US EST) will remain the same. Live evening make-up classes will be held on SUNDAY JUNE 9th at the usual times: 7pm and 8pm respectively. The codes are included on this email.

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/11188981?share=copy>

Password: DOBETTER



JUNE MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting JUNE 3RD @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting JUNE 4TH @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting JUNE 4TH @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting JUNE 3RD @ 10am and 8pm US EST (12 classes)

MAKE UP STRONGER TOGETHER

JUNE 9TH @ 1900HRS

MAKE UP SKILLS

JUNE 9TH @ 2000HRS

Topic: STRONGER TOGETHER 9AM US EST

Time: Jun 3, 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/meeting/tZEvdemgqz8pGNMcyjwgonocFI7EneimO2Bv/ics?icsToken=98tyKuGrDkqEtGRsxuARpwMAIjoc_zwmClejY1wnwjvFCdc_bAzVEO4VF7x6GdX

Join Zoom Meeting

<https://us02web.zoom.us/j/85220854327?pwd=Bv5G11B5eWQKAapFVeGmb77aX0RcGm.1>

Meeting ID: 852 2085 4327

Passcode: 900233

One tap mobile

+17193594580,,85220854327#,,,,*900233# US
+12532050468,,85220854327#,,,,*900233# 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)
- +1 564 217 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)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US

Meeting ID: 852 2085 4327
Passcode: 900233

Find your local number: <https://us02web.zoom.us/j/kcEwsmOw46>

Topic: STRONGER TOGETHER 7PM US EST

Time: Jun 3, 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/tZwkf-urpjgqHd1yx7vqGBFOjmHNv-C_T0-6/ics?icsToken=98tyKuGgpzMoGdyWsB6ORpw-HYqga-nxIHZfgqcMhQeyFTFOQCXZPO9gHKQyM-fk

Join Zoom Meeting

<https://us02web.zoom.us/j/88982383079?pwd=wL89vvXpiRM46KGEgVv0Qrlz8WKJab.1>

Meeting ID: 889 8238 3079
Passcode: 263103

One tap mobile

+12532158782,,88982383079#,,,,*263103# US (Tacoma)
+13462487799,,88982383079#,,,,*263103# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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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
- +1 312 626 6799 US (Chicago)

Meeting ID: 889 8238 3079

Passcode: 263103

Find your local number: <https://us02web.zoom.us/j/kAr7i33kg>

Topic: FOUNDATIONS 7AM US EST
Time: Jun 4, 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/tZYscuuuqz0pH9w03YAskYDFobW2DKijwQe/ics?icsToken=98tyKuGqz4oHNGTsxYPRpwQBY_4a-7wmCFegvpKzEzcljNYWfQEO1ABeBbO9Ha

Join Zoom Meeting

<https://us02web.zoom.us/j/82152656358?pwd=zkW1EfbXEatdFajlZKex8FfqLLQa2a.1>

Meeting ID: 821 5265 6358
Passcode: 683508

One tap mobile

+12532050468,,82152656358#,,,,*683508# US
+12532158782,,82152656358#,,,,*683508# US (Tacoma)

Dial by your location

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

Meeting ID: 821 5265 6358
Passcode: 683508

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

Topic: FOUNDATIONS 1PM US EST
Time: Jun 4, 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/tZYodeyrqzWjGNU6dFMNaggoq6MsqYMeQT6O/ics?icsToken=98tyKuGqz4oHNGTsxYPRpwQGYioZ-nwmGZEjY1oyhvDLg5SZQT5J7RvlnGpd3h>

Join Zoom Meeting

<https://us02web.zoom.us/j/82525357921?pwd=SE2lfrib8jJgwc6M4dF4P9mMcb6u3d.1>

Meeting ID: 825 2535 7921
Passcode: 135474

One tap mobile

+17193594580,,82525357921#,,,,*135474# US
+12532050468,,82525357921#,,,,*135474# US

Dial by your location

- +1 719 359 4580 US
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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

Meeting ID: 825 2535 7921

Passcode: 135474

Find your local number: <https://us02web.zoom.us/j/82902224517?pwd=Qz49fbniOC0kx0bfbYEFoTCZl83lt.1>

Topic: FOUNDATIONS 7PM US EST

Time: Jun 4, 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/tZYkd-uqrD8vG9MNoPS_aCSGE_s5vIFmTTX7/ics?icsToken=98tyKuGqzsoGNarRiARpwQHYiga-rzpiiYifpwshDVM89SQTDRE91RZ6RzNtXk

Join Zoom Meeting

<https://us02web.zoom.us/j/82902224517?pwd=Qz49fbniOC0kx0bfbYEFoTCZl83lt.1>

Meeting ID: 829 0222 4517

Passcode: 284562

One tap mobile

+16694449171,,82902224517#,,,,*284562# US

+16699009128,,82902224517#,,,,*284562# US (San Jose)

Dial by your location

- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
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- +1 253 205 0468 US
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- +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)

Meeting ID: 829 0222 4517

Passcode: 284562

Find your local number: <https://us02web.zoom.us/j/keGH8JL5Hu>

Topic: FAST TRACK SKILLS 8AM US EST
Time: Jun 4, 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/tZMvd-vhqTgrGdO6yB2M7-B48yu1DKvqT3xa/ics?icsToken=98tyKuGvrDsvE9OWsRqARpwEAligZ_PwtnZcjadyygbHUQOELyGibvtXY5ZUBsnk

Join Zoom Meeting

<https://us02web.zoom.us/j/87205973137?pwd=g6AYrn1zpW9aaENrI26SwkO4a0uGzD.1>

Meeting ID: 872 0597 3137

Passcode: 598531

One tap mobile

+17193594580,,87205973137#,,,,*598531# US

+12532050468,,87205973137#,,,,*598531# 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
- +1 309 205 3325 US

Meeting ID: 872 0597 3137

Passcode: 598531

Find your local number: <https://us02web.zoom.us/j/kfTu9ZoSP>

Topic: FAST TRACK SKILLS 8PM US EST
Time: Jun 4, 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/tZUod-mopz4sH9LJ_BnwPBRwuS4FxdMFSYn/ics?icsToken=98tyKuGpqzsqGt2QthyBRpwcGYigc_TxmCVdgvpxtiDHTDjQBHhI9EWFkpxFPX2

Join Zoom Meeting

<https://us02web.zoom.us/j/81500095656?pwd=1SrDqnQOKacILKlyyaZUFKaLY6pLIL.1>

Meeting ID: 815 0009 5656

Passcode: 831141

One tap mobile

+12532050468,,81500095656#,,,,*831141# US

+12532158782,,81500095656#,,,,*831141# US (Tacoma)

Dial by your location

- +1 253 205 0468 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

Meeting ID: 815 0009 5656

Passcode: 831141

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

Topic: MAKE UP: STRONGER 7PM US EST

Time: Jun 9, 2024 19:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87449310941?pwd=1QSYMISG5kmwhu2qfph9PG7aSyxmYa.1>

Meeting ID: 874 4931 0941

Passcode: 223519

One tap mobile

+12532158782,,87449310941#,,,,*223519# US (Tacoma)

+13462487799,,87449310941#,,,,*223519# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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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: 874 4931 0941
Passcode: 223519

Find your local number: <https://us02web.zoom.us/j/kcp1bqzTc>

Topic: SKILLS 10AM US EST

Time: Jun 3, 2024 10:00 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/tZcsdeiprijktGNzO_OzDax8ZTQApnsyt1QU9/ics?icsToken=98tyKuGrrzkrG9SxtxuPRpwqBYjod-vziHpaiY1HsyDKGQRSeIvMATNlirxsCcvB

Join Zoom Meeting

<https://us02web.zoom.us/j/83121102728?pwd=110dE6TTOkwYvqQJZEKBP41ZTDCfz.1>

Meeting ID: 831 2110 2728
Passcode: 387159

One tap mobile

+16699009128,,83121102728#,,,,*387159# US (San Jose)
+17193594580,,83121102728#,,,,*387159# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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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

Meeting ID: 831 2110 2728
Passcode: 387159

Find your local number: <https://us02web.zoom.us/j/kdqffp0HxC>

Topic: SKILLS 8PM US EST

Time: Jun 3, 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/tZwpdOugrz0tGt2GuEgc1MY0ok1t6RnR1tJw/ics?icsToken=98tyKuGgqjgoEtWTtxmORpw-BojCa_zzmCFajbcPuwrABCMCTzqmOekTJuRNHuqB

Join Zoom Meeting

<https://us02web.zoom.us/j/88432816709?pwd=zmWNebxRVdNjVknq5Ld6GBSDsey0rA.1>

Meeting ID: 884 3281 6709
Passcode: 511819

One tap mobile
+12532158782,,88432816709#,,,,*511819# US (Tacoma)
+13462487799,,88432816709#,,,,*511819# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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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

Meeting ID: 884 3281 6709
Passcode: 511819

Find your local number: <https://us02web.zoom.us/j/kxHRU8vJX>

Topic: MAKE UP SKILLS
Time: Jun 9, 2024 20:00 Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/84685618634?pwd=sT05K6aF1e3Al3AjzVbZ5KsHns9dnb.1>

Meeting ID: 846 8561 8634
Passcode: 282903

One tap mobile
+16699009128,,84685618634#,,,,*282903# US (San Jose)
+17193594580,,84685618634#,,,,*282903# 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

Meeting ID: 846 8561 8634

Passcode: 282903

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