



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](mailto: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: Jul 2, 2024 07:00 Eastern Time (US and Canada)**

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

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

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

Weekly: <https://us02web.zoom.us/join/87385704495?pwd=TCbVhb2jSambFdPZKA641XK6rmO70H.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/87385704495?pwd=TCbVhb2jSambFdPZKA641XK6rmO70H.1>

Meeting ID: 873 8570 4495

Passcode: 596213

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One tap mobile

+16694449171,,87385704495#,,,,\*596213# US  
+16699009128,,87385704495#,,,,\*596213# US (San Jose)

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Dial by your location

- +1 669 444 9171 US
- +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)
- +1 689 278 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
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 873 8570 4495  
Passcode: 596213

Find your local number: <https://us02web.zoom.us/j/81434729818>

**Topic: FOUNDATIONS 1PM US EST**

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

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

- Jul 2, 2024 13:00
- Jul 4, 2024 13:00
- Jul 9, 2024 13:00
- Jul 11, 2024 13:00
- Jul 16, 2024 13:00
- Jul 18, 2024 13:00
- Jul 23, 2024 13:00
- Jul 25, 2024 13:00

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

Weekly: <https://us02web.zoom.us/meeting/tZUpdO2vrDliG9wc2HvebrmqDQfkvitv-D5q/ics?icsToken=98tyKuGpqiguHdacuBiPRpwcBoiCLO3zplhHjfpKn03NFSVRCa7nEtNEOaR1BO6d>

Join Zoom Meeting

<https://us02web.zoom.us/j/81434729818?pwd=dDrlagpuvqapXASIMtcMyklaBWRN4M.1>

Meeting ID: 814 3472 9818  
Passcode: 292720

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One tap mobile

+13462487799,,81434729818#,,,,\*292720# US (Houston)  
+16694449171,,81434729818#,,,,\*292720# US

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Dial by your location

- +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
- +1 253 215 8782 US (Tacoma)
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- +1 305 224 1968 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: 814 3472 9818  
Passcode: 292720

Find your local number: <https://us02web.zoom.us/j/81434729818>

**Topic: FOUNDATIONS 7PM US EST**

**Time: Jul 2, 2024 19:00 Eastern Time (US and Canada)**

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

Jul 2, 2024 19:00

Jul 4, 2024 19:00

Jul 9, 2024 19:00

Jul 11, 2024 19:00

Jul 16, 2024 19:00

Jul 18, 2024 19:00

Jul 23, 2024 19:00

Jul 25, 2024 19:00

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

Weekly: <https://us02web.zoom.us/meeting/tZ0lc--qqDgsEtDAecWn3Bd4Z0y-s9bjwONX/ics?icsToken=98tyKuGhpj8sGNKWthGDRpx5Go-gM-rwpmZdj7d5vRrmNC4AQaeiDLJbf6EmEtLH>

Join Zoom Meeting

<https://us02web.zoom.us/j/89846263684?pwd=iTrTOTOFVA7qVZDGu9Px2LgRBhrp6i.1>

Meeting ID: 898 4626 3684

Passcode: 607282

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One tap mobile

+13462487799,,89846263684#,,,,\*607282# US (Houston)

+16694449171,,89846263684#,,,,\*607282# US

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Dial by your location

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• +1 719 359 4580 US

• +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)

• +1 646 931 3860 US

Meeting ID: 898 4626 3684

Passcode: 607282

Find your local number: <https://us02web.zoom.us/j/kHY9HwqUm>