



DAY1YOGA MONTH ACCESS: JULY 2024

Welcome to JULY 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/11243429?share=copy>

Password: ENERGY



JULY MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

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

FAST TRACK SKILLS

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

SKILLS

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

Topic: STRONGER 9AM US EST

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

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

Jul 1, 2024 09:00
Jul 3, 2024 09:00
Jul 5, 2024 09:00
Jul 8, 2024 09:00
Jul 10, 2024 09:00
Jul 12, 2024 09:00
Jul 15, 2024 09:00
Jul 17, 2024 09:00
Jul 19, 2024 09:00
Jul 22, 2024 09:00
Jul 24, 2024 09:00
Jul 26, 2024 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZYufuqvrDirEtI3PQtYt5jEpp95uGSApyD/ics?icsToken=98tyKuGqrTIpHdacsRGBRpwQA4r4b-3zplhci7d0zy_UFxlHNwn_E_JSa-dqN-vx

Join Zoom Meeting

<https://us02web.zoom.us/j/82393729186?pwd=soHe9TvWS2dbox1OXNacDyuk9CaEZ.1>

Meeting ID: 823 9372 9186

Passcode: 458237

One tap mobile

+13462487799,,82393729186#,,,,*458237# US (Houston)

+16694449171,,82393729186#,,,,*458237# US

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)
- +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: 823 9372 9186

Passcode: 458237

Find your local number: <https://us02web.zoom.us/j/kcyW0amols>

Topic: STRONGER 7PM US EST

Time: Jul 1, 2024 19:00 Eastern Time (US and Canada)

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

- Jul 1, 2024 19:00
- Jul 3, 2024 19:00
- Jul 5, 2024 19:00
- Jul 8, 2024 19:00
- Jul 10, 2024 19:00
- Jul 12, 2024 19:00
- Jul 15, 2024 19:00
- Jul 17, 2024 19:00
- Jul 19, 2024 19:00
- Jul 22, 2024 19:00
- Jul 24, 2024 19:00
- Jul 26, 2024 19:00

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

Weekly: https://us02web.zoom.us/meeting/tzMkdOmqqjkjGtSKbTTKq4miQIDoI3d8K7p/ics?icsToken=98tyKuGvpzggGNyXuRmHRpwEHYjCcrxiHpEjbdutx3RNwtCNg7_B-5mHb5zQ9yI

Join Zoom Meeting

<https://us02web.zoom.us/j/87930282900?pwd=6oRy2alT5M0yY9WfVmrTxfLEfnUsZ7.1>

Meeting ID: 879 3028 2900

Passcode: 218434

One tap mobile

- +12532050468,,87930282900#,,,,*218434# US
- +12532158782,,87930282900#,,,,*218434# 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
- +1 309 205 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: 879 3028 2900
Passcode: 218434

Find your local number: <https://us02web.zoom.us/j/kzXJhcYx2>

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/meeting/tZMuf-yvri8uE9G8rGoT9S0SQ4V1XFOYhIqq/ics?icsToken=98tyKuGvrTMvHdSRtBCCRpwEA4ggZ-3ziClbj_p6xA3CDBQKUVF87Z0Y4pZP-HY

Join Zoom Meeting

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

Meeting ID: 873 8570 4495
Passcode: 596213

One tap mobile

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

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
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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: 873 8570 4495
Passcode: 596213

Find your local number: <https://us02web.zoom.us/j/kbVG9n7GqR>

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=98tyKuGpqjguHdacuBiPRpwcBojCLO3zplhHjfpKn03NFSVRcA7nEtNEOaR1BO6d>

Join Zoom Meeting

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

Meeting ID: 814 3472 9818

Passcode: 292720

One tap mobile

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

+16694449171,,81434729818#,,,,*292720# US

Dial by your location

- +1 346 248 7799 US (Houston)
- +1 669 444 9171 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/u/kBbVUgLTx>

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-rwpnZdj7d5vRrmNC4AQaeiDLJbf6EmEtLH>

Join Zoom Meeting

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

Meeting ID: 898 4626 3684
Passcode: 607282

One tap mobile
+13462487799,,89846263684#,,,,*607282# US (Houston)
+16694449171,,89846263684#,,,,*607282# US

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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- +1 386 347 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>

Topic: FAST TRACK SKILLS 8AM US EST

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

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

Jul 2, 2024 08:00
Jul 4, 2024 08:00
Jul 9, 2024 08:00
Jul 11, 2024 08:00
Jul 16, 2024 08:00
Jul 18, 2024 08:00
Jul 23, 2024 08:00
Jul 25, 2024 08:00

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

Weekly: [https://us02web.zoom.us/meeting/tZckf-](https://us02web.zoom.us/meeting/tZckf-Cvqz0vHdRc0nYhdSy5hZSoV3nzwlcV/ics?icsToken=98tyKuGrpzMjHdGTtR6HRpwqHYqgXe3wmcFYgqdvno_rOihXURqjPthxPYQsHsLH)

[Cvqz0vHdRc0nYhdSy5hZSoV3nzwlcV/ics?icsToken=98tyKuGrpzMjHdGTtR6HRpwqHYqgXe3wmcFYgqdvno_rOihXURqjPthxPYQsHsLH](https://us02web.zoom.us/j/83989756570?pwd=3XE04nY9l0nWFhj8KoivXQcyURybtw.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/83989756570?pwd=3XE04nY9l0nWFhj8KoivXQcyURybtw.1>

Meeting ID: 839 8975 6570
Passcode: 179122

One tap mobile
+13462487799,,83989756570#,,,,*179122# US (Houston)
+16694449171,,83989756570#,,,,*179122# US

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)
- +1 507 473 4847 US
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- +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

Meeting ID: 839 8975 6570
Passcode: 179122

Find your local number: <https://us02web.zoom.us/j/koSfuD4HV>

Topic: FAST TRACK SKILLS 8PM US EST

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

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

- Jul 2, 2024 20:00
- Jul 4, 2024 20:00
- Jul 9, 2024 20:00
- Jul 11, 2024 20:00
- Jul 16, 2024 20:00
- Jul 18, 2024 20:00
- Jul 23, 2024 20:00
- Jul 25, 2024 20:00

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

Weekly: https://us02web.zoom.us/meeting/tZYrf-qvrz8qE9XduXBPWivHDhJ28njnn1C7/ics?icsToken=98tyKuGqgDMpHdWRsBCGRpwQB1qgb-3zmClfi_p1mArDIrBkaxXeEupoYOpXGtbe

Join Zoom Meeting

<https://us02web.zoom.us/j/82683714091?pwd=mSZe72mrSHRFhaSabcfm4DZ42wmVaG.1>

Meeting ID: 826 8371 4091
Passcode: 010138

One tap mobile

- +17193594580,,82683714091#,,,,*010138# US
- +12532050468,,82683714091#,,,,*010138# 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)
- +1 301 715 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
- +1 689 278 1000 US

Meeting ID: 826 8371 4091
Passcode: 010138

Find your local number: <https://us02web.zoom.us/j/kdXU9HVMt0>

Topic: SKILLS 10AM US EST

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

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

- Jul 1, 2024 10:00
- Jul 3, 2024 10:00
- Jul 5, 2024 10:00
- Jul 8, 2024 10:00
- Jul 10, 2024 10:00
- Jul 12, 2024 10:00
- Jul 15, 2024 10:00
- Jul 17, 2024 10:00
- Jul 19, 2024 10:00
- Jul 22, 2024 10:00
- Jul 24, 2024 10:00
- Jul 26, 2024 10:00

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

Weekly: https://us02web.zoom.us/meeting/tZclc-GhpjwiEtycQe5AmmLuRzdxWjeaUijm/ics?icsToken=98tyKuGrpj8iE9ySuBGPRpwqGogWfPxiGZHj7dEny7gVgFeby_jBPhGKoV1FdnI

Join Zoom Meeting

<https://us02web.zoom.us/j/83848987888?pwd=twKlv9L0QZNviiFqK275dzlSKuxvLC.1>

Meeting ID: 838 4898 7888
Passcode: 849076

One tap mobile
+13462487799,,83848987888#,,,,*849076# US (Houston)
+16694449171,,83848987888#,,,,*849076# US

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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- +1 301 715 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

Meeting ID: 838 4898 7888
Passcode: 849076

Find your local number: <https://us02web.zoom.us/j/kdCzH4pGWy>

Topic: SKILLS 8PM US EST

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

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

Jul 1, 2024 20:00
Jul 3, 2024 20:00
Jul 5, 2024 20:00
Jul 8, 2024 20:00
Jul 10, 2024 20:00
Jul 12, 2024 20:00
Jul 15, 2024 20:00
Jul 17, 2024 20:00
Jul 19, 2024 20:00
Jul 22, 2024 20:00
Jul 24, 2024 20:00
Jul 26, 2024 20:00

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

Weekly: https://us02web.zoom.us/meeting/tZUvcuuspzMtHNVQhU76rA_dCNtZT-XXI4sX/ics?icsToken=98tyKuGprD4oHt2dtx-GRpwcAI_4a-ixmFxago1rrRfQVHZBQzzyFcxWKIYyKOD5

Join Zoom Meeting

<https://us02web.zoom.us/j/81252498761?pwd=nCVlyl25y8kiaFvRYLVQFO1JhyUzEt.1>

Meeting ID: 812 5249 8761

Passcode: 314375

One tap mobile

+12532158782,,81252498761#,,,,*314375# US (Tacoma)
+13462487799,,81252498761#,,,,*314375# 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
- +1 507 473 4847 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
- +1 386 347 5053 US

Meeting ID: 812 5249 8761

Passcode: 314375

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