



SKILLS JULY 2024

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: 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-GhpiwiEtycQe5AmmLuRzdxWjeaUijm/ics?icsToken=98tyKuGrpj8iE9ySuBGPRpwgGogWfPxiGZHj7dEnv7gVgFeby_iBPhGKoV1FdnI

Join Zoom Meeting

<https://us02web.zoom.us/j/83848987888?pwd=twKlv9L0QZNvIlFqK27SdzlSKuxvLC.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)
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- +1 669 900 9128 US (San Jose)
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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +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)
- +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

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Weekly: https://us02web.zoom.us/meeting/tZUvcuuspzMtHNVQhU76rA_dCNtZ-XXI4sX/ics?icsToken=98tyKuGprD4oHt2dtx-GRpwcAI_4a-jxmFxago1rrRfQVHZBQzyFcxWKIYyKOD5

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- +1 646 558 8656 US (New York)
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- +1 386 347 5053 US

Meeting ID: 812 5249 8761
Passcode: 314375

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