



DAY1YOGA MONTH ACCESS:  
AUGUST  
2024

Welcome to AUGUST and the DAY1YOGA Membership!

PLEASE REMEMBER: There is a slight change to the usual schedule this month. All classes will be held 2x a day, 12 hours apart.

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](mailto: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/11291458?share=copy>

Password: purpose



## AUGUST MEMBERSHIP CALENDAR

### STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting AUG 2<sup>nd</sup> @ 7am & 7pm US EST (12 meetings)

### FOUNDATIONS

Tuesdays and Thursdays starting AUG 1st @ 7am & 7pm US EST (8 meetings)

### FAST TRACK SKILLS

Tuesdays and Thursdays starting AUG 1st @ 8am and 8pm US EST (8 meetings)

### SKILLS

Mondays, Wednesdays, and Fridays starting AUG 2<sup>nd</sup> @ 8am and 8pm US EST (12 classes)

**Topic: STRONGER 7AM US EST**

**Time: Aug 2, 2024 07:00 Eastern Time (US and Canada)**

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

Aug 2, 2024 07:00  
Aug 5, 2024 07:00  
Aug 7, 2024 07:00  
Aug 9, 2024 07:00  
Aug 12, 2024 07:00  
Aug 14, 2024 07:00  
Aug 16, 2024 07:00  
Aug 19, 2024 07:00  
Aug 21, 2024 07:00  
Aug 23, 2024 07:00  
Aug 26, 2024 07:00  
Aug 28, 2024 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZcsduiuqT4uG9TZN90PwOIT10lcBiW4XTB7/ics?icsToken=98tyKuGrrzorHNOQtBiHRpwqBYj4d-7wtiVbifpppiG8UxBETQ\\_CZ7JrMZB2J4zo](https://us02web.zoom.us/meeting/tZcsduiuqT4uG9TZN90PwOIT10lcBiW4XTB7/ics?icsToken=98tyKuGrrzorHNOQtBiHRpwqBYj4d-7wtiVbifpppiG8UxBETQ_CZ7JrMZB2J4zo)

Join Zoom Meeting

<https://us02web.zoom.us/j/83111675410?pwd=TKxbqv072RyrXeyV2ldIA14ZAqKCUX.1>

Meeting ID: 831 1167 5410

Passcode: 829205

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One tap mobile

+13462487799,,83111675410#,,,,\*829205# US (Houston)  
+16694449171,,83111675410#,,,,\*829205# 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)
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
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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: 831 1167 5410  
Passcode: 829205

Find your local number: <https://us02web.zoom.us/j/k96VEfYVJ>

**Topic: STRONGER 7PM US EST**

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

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

Aug 2, 2024 19:00  
Aug 5, 2024 19:00  
Aug 7, 2024 19:00  
Aug 9, 2024 19:00  
Aug 12, 2024 19:00  
Aug 14, 2024 19:00  
Aug 16, 2024 19:00  
Aug 19, 2024 19:00  
Aug 21, 2024 19:00  
Aug 23, 2024 19:00  
Aug 26, 2024 19:00  
Aug 28, 2024 19:00

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

Weekly: [https://us02web.zoom.us/meeting/tZ0sdOmhri0qHtC8otfS8fSVtnIHt3mju\\_KU/ics?icsToken=98tyKuGhrzggE9STsB2DRpx5BYiCc\\_PziCFfgrd-xBDxJRM LZDDAluxrGqYsHfLF](https://us02web.zoom.us/meeting/tZ0sdOmhri0qHtC8otfS8fSVtnIHt3mju_KU/ics?icsToken=98tyKuGhrzggE9STsB2DRpx5BYiCc_PziCFfgrd-xBDxJRM LZDDAluxrGqYsHfLF)

Join Zoom Meeting

<https://us02web.zoom.us/j/89130906044?pwd=OVnA8YlFg7567HMMUabkNZNDvIDMJT.1>

Meeting ID: 891 3090 6044  
Passcode: 023493

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One tap mobile

+16699009128,,89130906044#,,,,\*023493# US (San Jose)  
+17193594580,,89130906044#,,,,\*023493# US

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Dial by your location

- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US

- +1 253 205 0468 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
- +1 507 473 4847 US

Meeting ID: 891 3090 6044

Passcode: 023493

Find your local number: <https://us02web.zoom.us/j/kcCZ9PINL>

**Topic: FOUNDATIONS 7AM US EST**

**Time: Aug 1, 2024 07:00 Eastern Time (US and Canada)**

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

Aug 1, 2024 07:00

Aug 6, 2024 07:00

Aug 8, 2024 07:00

Aug 13, 2024 07:00

Aug 15, 2024 07:00

Aug 20, 2024 07:00

Aug 22, 2024 07:00

Aug 27, 2024 07:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMscumqgzMsE9WoYvMqMP\\_T0oiq5b6ocdKM/ics?icsToken=98tyKuGvrz4qGN2dthCGRpwEBY\\_4c-rxmFxdj\\_pqkybzLjF-UjzCZu1LL-d9Rtft](https://us02web.zoom.us/meeting/tZMscumqgzMsE9WoYvMqMP_T0oiq5b6ocdKM/ics?icsToken=98tyKuGvrz4qGN2dthCGRpwEBY_4c-rxmFxdj_pqkybzLjF-UjzCZu1LL-d9Rtft)

Join Zoom Meeting

<https://us02web.zoom.us/j/87150298691?pwd=a4Pj64WLa26MePn7AbxQN9yLcpAzaR.1>

Meeting ID: 871 5029 8691

Passcode: 968588

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One tap mobile

+12532158782,,87150298691#,,,,\*968588# US (Tacoma)

+13462487799,,87150298691#,,,,\*968588# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +1 360 209 5623 US
- +1 386 347 5053 US

Meeting ID: 871 5029 8691  
Passcode: 968588

Find your local number: <https://us02web.zoom.us/j/kc09QPmVGN>

**Topic: FOUNDATIONS 7PM US EST**

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

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

- Aug 1, 2024 19:00
- Aug 6, 2024 19:00
- Aug 8, 2024 19:00
- Aug 13, 2024 19:00
- Aug 15, 2024 19:00
- Aug 20, 2024 19:00
- Aug 22, 2024 19:00
- Aug 27, 2024 19:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZYrfuGrqzluGtQCWWBoIXWskDJibFyIpTnU/ics?icsToken=98tyKuGqqDliGdGctBmHRpwQBIR4WenwmFhbjbdsvyjSIS96WiTIPcZo07BZCfHA>

Join Zoom Meeting

<https://us02web.zoom.us/j/82698359400?pwd=9c2MCR2It8wzHZRafH9M4Vb0oWzRjf.1>

Meeting ID: 826 9835 9400  
Passcode: 374705

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One tap mobile  
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+12532158782,,82698359400#,,,,\*374705# US (Tacoma)

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- +1 253 205 0468 US
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- +1 646 931 3860 US
- +1 689 278 1000 US
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- +1 305 224 1968 US
- +1 309 205 3325 US

Meeting ID: 826 9835 9400  
Passcode: 374705

Find your local number: <https://us02web.zoom.us/j/kc5MQDgJzM>

**Topic: FAST TRACK 8AM US EST**

**Time: Aug 1, 2024 08:00 Eastern Time (US and Canada)**

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

Aug 1, 2024 08:00  
Aug 6, 2024 08:00  
Aug 8, 2024 08:00  
Aug 13, 2024 08:00  
Aug 15, 2024 08:00  
Aug 20, 2024 08:00  
Aug 22, 2024 08:00  
Aug 27, 2024 08:00

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

Weekly: <https://us02web.zoom.us/meeting/tZUlc-6rpz4tGNITU7mnRtZek8i8h1N-bpVP/ics?icsToken=98tyKuGppj8tGd2QtXuBRpwcGogkOnxmCVajY10qCqyDi5hdinzPbpLarouPpXS>

Join Zoom Meeting

<https://us02web.zoom.us/j/81847395726?pwd=l0WHbsFJ3YzPd3tPurtLhZ4AwWb52.1>

Meeting ID: 818 4739 5726

Passcode: 456948

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+12532158782,,81847395726#,,,,\*456948# US (Tacoma)

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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: 818 4739 5726

Passcode: 456948

Find your local number: <https://us02web.zoom.us/u/krOO6Okky>

**Topic: FAST TRACK 8PM US EST**

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

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

Aug 1, 2024 20:00  
Aug 6, 2024 20:00  
Aug 8, 2024 20:00  
Aug 13, 2024 20:00

Aug 15, 2024 20:00  
Aug 20, 2024 20:00  
Aug 22, 2024 20:00  
Aug 27, 2024 20:00

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

Weekly:

<https://us02web.zoom.us/meeting/tZAvdO6ggDwiGtAz1TsIRPPGLuz6V0PrwLcE/ics?icsToken=98tyKuGsrDgtEtKSuRmDRpwAljCKPzwpmZEjbd8hk7RECxhUiPRGvdYZIQvIMrH>

Join Zoom Meeting

<https://us02web.zoom.us/j/84237867904?pwd=IR8vIiz15gD1Xli145griH5rkJnDYX.1>

Meeting ID: 842 3786 7904

Passcode: 645737

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One tap mobile

+13462487799,,84237867904#,,,,\*645737# US (Houston)

+16694449171,,84237867904#,,,,\*645737# US

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

Meeting ID: 842 3786 7904

Passcode: 645737

Find your local number: <https://us02web.zoom.us/u/kg9khLuro>

**Topic: SKILLS 8AM US EST**

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

**Every week on Fri, Mon, Wed, 8 occurrence(s)**

Aug 2, 2024 08:00

Aug 5, 2024 08:00

Aug 7, 2024 08:00

Aug 9, 2024 08:00

Aug 12, 2024 08:00

Aug 14, 2024 08:00

Aug 16, 2024 08:00

Aug 19, 2024 08:00

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

Weekly: <https://us02web.zoom.us/meeting/tZUrfu6rgD8uHNAv uvhvd5aRGwGw6Fyct6/ics?icsToken=98tyKuGppDitGdKRtB-DRpwcBlr4KOnwpilbgo18iiDwFShJdAejN9BJZVIRv7J>

Join Zoom Meeting

<https://us02web.zoom.us/j/81697364464?pwd=8XclY2zNKmdva6hxHGOCjDJINP0suE.1>

Meeting ID: 816 9736 4464

Passcode: 985264

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One tap mobile

+13462487799,,81697364464#,,,,\*985264# US (Houston)

+16694449171,,81697364464#,,,,\*985264# 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)
- +1 646 931 3860 US

Meeting ID: 816 9736 4464

Passcode: 985264

Find your local number: <https://us02web.zoom.us/u/kSfZTLJ7i>

**Topic: SKILLS 8PM US EST**

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

**Every week on Fri, Mon, Wed, 8 occurrence(s)**

Aug 2, 2024 20:00

Aug 5, 2024 20:00

Aug 7, 2024 20:00

Aug 9, 2024 20:00

Aug 12, 2024 20:00

Aug 14, 2024 20:00

Aug 16, 2024 20:00

Aug 19, 2024 20:00

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

Weekly: <https://us02web.zoom.us/meeting/tZlkf->

<CprzgjEtjSiIPIWMI6rA8skw0DCHVP/ics?icsToken=98tyKuGupzMjG9WWuRBRpwAHYqgXevzmHZEj7d3rxbMMwIkTw-gJMMaibloQPzz>

Join Zoom Meeting

<https://us02web.zoom.us/j/86989113986?pwd=atH0OjGUReu3jAQLUP5xhQZ6ceg9k.1>

Meeting ID: 869 8911 3986

Passcode: 411855

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One tap mobile

+16699009128,,86989113986#,,,,\*411855# US (San Jose)



+17193594580,,86989113986#,,,,\*411855# US

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Dial by your location

- +1 669 900 9128 US (San Jose)
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Meeting ID: 869 8911 3986

Passcode: 411855

Find your local number: <https://us02web.zoom.us/j/86989113986>