



## AUGUST 2024 FAST TRACK SKILLS

**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 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: 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=98tyKuGppi8tGd2QtxuBRpwcGogkOnxmCVajY10qCqyDi5hdjnzPbpLarouPpXS>

Join Zoom Meeting

<https://us02web.zoom.us/j/81847395726?pwd=l0WHbsFJ3YzPd3tzPurtLhZ4AwWb52.1>

Meeting ID: 818 4739 5726

Passcode: 456948

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One tap mobile

+12532050468,,81847395726#,,, \*456948# US

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

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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
- +1 312 626 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
- +1 309 205 3325 US

Meeting ID: 818 4739 5726

Passcode: 456948

Find your local number: <https://us02web.zoom.us/j/kr006Okky>

**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

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Weekly:

<https://us02web.zoom.us/meeting/tZAvdO6gqDwjGtAz1TslRPPGLuz6V0PrwLcE/ics?icsToken=98tyKuGsrDgtEtKSuRmDRpwAljCKPzwpwZEjbd8hk7RECxhUjPRGvdYZIQviMrH>

Join Zoom Meeting

<https://us02web.zoom.us/j/84237867904?pwd=IR8vIiz15gD1Xli145grjH5rkJnDYX.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
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Meeting ID: 842 3786 7904

Passcode: 645737

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