



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 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: 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-pxmFxdj_pqkybzLjF-UjzCZu1LI-d9RtfT

Join Zoom Meeting

<https://us02web.zoom.us/j/87150298691?pwd=a4Pi64WLa26MePn7AbxQN9yLcpAzaR.1>

Meeting ID: 871 5029 8691

Passcode: 968588

One tap mobile

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

+13462487799,,87150298691#,,,,*968588# 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
- +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
- +1 386 347 5053 US

Meeting ID: 871 5029 8691
Passcode: 968588

Find your local number: <https://us02web.zoom.us/j/kcO9QPmVGN>

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=98tyKuGqqDliGdGctBmHRpwQBIR4WenwmFhbjbdsvyjSIS96WITIPcZoO7BZCFHA>

Join Zoom Meeting

<https://us02web.zoom.us/j/82698359400?pwd=9c2Mcr2lt8wzHZRafH9M4Vb0oWzRjf.1>

Meeting ID: 826 9835 9400
Passcode: 374705

One tap mobile

- +12532050468,,82698359400#,,,,*374705# US
- +12532158782,,82698359400#,,,,*374705# 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
- +1 312 626 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: 826 9835 9400

Passcode: 374705

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