



AUGUST 2024

## STRONGER TOGETHER

BOTH class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

### 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: 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/joining/tZcsduiuqT4uG9TZN90PwOIT10lcBiW4XTB7/ics?icsToken=98tyKuGrrzorHNOQtBiHRpwqBYi4d-7wtiVbifpppiG8UxBETQ\\_CZ7JrMzB2J4zo](https://us02web.zoom.us/joining/tZcsduiuqT4uG9TZN90PwOIT10lcBiW4XTB7/ics?icsToken=98tyKuGrrzorHNOQtBiHRpwqBYi4d-7wtiVbifpppiG8UxBETQ_CZ7JrMzB2J4zo)

Join Zoom Meeting

<https://us02web.zoom.us/j/83111675410?pwd=TKxbqv072RvrXeyV2ldIA14ZAqKCUX.1>

Meeting ID: 831 1167 5410

Passcode: 829205

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One tap mobile

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Dial by your location

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- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 US
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- +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

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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

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Weekly: [https://us02web.zoom.us/meeting/tZ0sdOmHri0qHtC8otFS8fSVtnIHt3mju\\_KU/ics?icsToken=98tyKuGhrzggE9STsB2DRpx5BYiCc\\_PziCFgrd-xBDxJRMZDDAluxrGqYsHfLF](https://us02web.zoom.us/meeting/tZ0sdOmHri0qHtC8otFS8fSVtnIHt3mju_KU/ics?icsToken=98tyKuGhrzggE9STsB2DRpx5BYiCc_PziCFgrd-xBDxJRMZDDAluxrGqYsHfLF)

Join Zoom Meeting

<https://us02web.zoom.us/j/89130906044?pwd=OVnA8YlFg7567HMMUabkNZNDvIDMjT.1>

Meeting ID: 891 3090 6044

Passcode: 023493

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