



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

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

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

Weekly: https://us02web.zoom.us/meeting/tZ0tf-ytqzkvE9NZJwgYvUcs1aYXHcCdBHg0/ics?icsToken=98tyKuGhrjMvH9GXtRCARpx5AogqZ-umHpYj_pzpiXyBBIFVwDIZ-N7Cpg8M9zy&meetingMasterEventId=2RpQFIM_Qy65zdGYC2yOpQ

Join Zoom Meeting

<https://us02web.zoom.us/j/89085552597?pwd=SVAbeypzv0kQ6lXbH8ZVxnTOoxYpPb.1>

Meeting ID: 890 8555 2597

Passcode: 901569

One tap mobile

+16694449171,,89085552597#,,,,*901569# US

+16699009128,,89085552597#,,,,*901569# US (San Jose)

Dial by your location

- +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)
- +1 346 248 7799 US (Houston)
- +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: 890 8555 2597

Passcode: 901569

Find your local number: <https://us02web.zoom.us/j/83038328482>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: FOUNDATIONS 1PM US EST

Time: Oct 1, 2024 13:00 Eastern Time (US and Canada)

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

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

Weekly:

<https://us02web.zoom.us/meeting/tZctdOGrrDMuEtY7wpgMqXm7nPM6QpXhGsPz/ics?icsToken=98tyKuGrrigiGdadtBGFRpwgAoCWenzplxbj7dkywj1BA1CWg6hONJvZINvKND3&meetingMasterEventId=BKROGPhEQpajZ8JiYu3z1A>

Join Zoom Meeting

<https://us02web.zoom.us/j/83038328482?pwd=wc3JTJ3gZjweKYUDfAUkfcfsbdO.1>

Meeting ID: 830 3832 8482

Passcode: 273122

One tap mobile

+13462487799,,83038328482#,,,,*273122# US (Houston)

+16694449171,,83038328482#,,,,*273122# US

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)

• +1 305 224 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

• +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)

Meeting ID: 830 3832 8482

Passcode: 273122

Find your local number: <https://us02web.zoom.us/j/kc4IDbYleU>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: FOUNDATIONS 7PM US EST

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

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

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

Weekly: [https://us02web.zoom.us/meeting/tZcscOuhrzlvH9Uz5pp0qbm-gWBnEOm8o4ID/ics?icsToken=98tyKuGrrzwoE9WctRyGRpwqBY_Ca_PzmFhYgvpohkr1E3BCYA67MdVgPJdQHYDf&meetingMasterEventId=71MUKF9XR9yUj9A3yU9y3w](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZcscOuhrzlvH9Uz5pp0qbm-gWBnEOm8o4ID/ics?icsToken=98tyKuGrrzwoE9WctRyGRpwqBY_Ca_PzmFhYgvpohkr1E3BCYA67MdVgPJdQHYDf&meetingMasterEventId=71MUKF9XR9yUj9A3yU9y3w)

Join Zoom Meeting

<https://us02web.zoom.us/j/83172919551?pwd=MVY0gHG5NXitFk9rfawRMKjdMZqop.1>

Meeting ID: 831 7291 9551

Passcode: 425425

One tap mobile

+16694449171,,83172919551#,,,,*425425# US

+16699009128,,83172919551#,,,,*425425# US (San Jose)

Dial by your location

- +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)
- +1 346 248 7799 US (Houston)
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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
- +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)

Meeting ID: 831 7291 9551

Passcode: 425425

Find your local number: <https://us02web.zoom.us/u/kbjvTzHr85>