



DAY1YOGA MONTH ACCESS: OCTOBER 2024

Welcome to OCTOBER and the DAY1YOGA Membership!

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**

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/11376976?share=copy>

Password: SPOOKY



OCTOBER BER MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting OCT 2ND @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting OCT 1ST @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting OCT 1ST @ 8am and 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting OCT 2ND @ 10am and 8pm US EST (12 classes)

Topic: STRONGER TOGETHER 9AM US EST

Time: Oct 2, 2024 09:00 Eastern Time (US and Canada)

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

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

Weekly: <https://us02web.zoom.us/join/89506657586?pwd=wqnPIJUNKO7aZ1CovswlJoebXSCS.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/89506657586?pwd=wqnPIJUNKO7aZ1CovswlJoebXSCS.1>

Meeting ID: 895 0665 7586

Passcode: 925077

One tap mobile

+16699009128,,89506657586#,,,,*925077# US (San Jose)

+17193594580,,89506657586#,,,,*925077# US

Dial by your location

- +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)
- +1 669 444 9171 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: 895 0665 7586
Passcode: 925077

Find your local number: <https://us02web.zoom.us/j/kddAcAs8mt>

Topic: STRONGER TOGETHER 7PM US EST

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

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

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

Weekly: https://us02web.zoom.us/meeting/tZArcequrTloHNZtag2iMkyschjI4eENsDcG/ics?icsToken=98tyKuGsqD0pHNecsh-FRpwIBI_ob-7ztlhBgo1niB70USJ-aRrINepIG-Z6NfbD&meetingMasterEventId=Reh6aLyySf2N12iBqXv86g

Join Zoom Meeting

<https://us02web.zoom.us/j/84663639262?pwd=uhp0pR6nHpxOp5JR4R4BtQ8UI9MfDJ.1>

Meeting ID: 846 6363 9262
Passcode: 352226

One tap mobile

+13462487799,,84663639262#,,,,*352226# US (Houston)
+16694449171,,84663639262#,,,,*352226# 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
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- +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: 846 6363 9262
Passcode: 352226

Find your local number: <https://us02web.zoom.us/j/kb7yCcsMLs>

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=98tyKuGhrjMvH9GXtRCARpx5Aoggz-vmHpYj_pzpjYyBBIFVwDIz-N7Cp8M9zy&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)
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- +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/u/kNbMihNHf>

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=98tyKuGrrigiGdadtBGFrpwqAoiCWenzplxbj7dkywj1BA1CWg6hONJvZINvKND3&meetingMasterEventId=BKR0GPhEQpajZ8JiYu3z1A>

Join Zoom Meeting

<https://us02web.zoom.us/j/83038328482?pwd=wc3JTJ3gJzjweKYUDfAUsKfcflsbdO.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)
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- +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/j/83172919551?pwd=MVY0gHG5NXItFk9rgfawRMKjdmZgop.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/83172919551?pwd=MVY0gHG5NXItFk9rgfawRMKjdmZgop.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

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- +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/j/kbjvTzHr85>

Topic: FAST TRACK SKILLS 8AM US EST

Time: Oct 1, 2024 08:00 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/tZYodeGgqDisGtwgYDPIP_LoTetU5td6ut7K/ics?icsToken=98tyKuGqgzkiEtKcthmPRpwQGYioWfzwpIhdjbdKmybBMyljXS_5AudWB-drFI7F&meetingMasterEventId=gCnr6R9iQ3S9Vhp2VvYQrw

Join Zoom Meeting

<https://us02web.zoom.us/j/82528869608?pwd=cAjpNycacbYPcwfPO0swMHRFfiHlfm.1>

Meeting ID: 825 2886 9608

Passcode: 607736

One tap mobile

+16699009128,,82528869608#,,,,*607736# US (San Jose)

+17193594580,,82528869608#,,,,*607736# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 825 2886 9608

Passcode: 607736

Find your local number: <https://us02web.zoom.us/u/kbFoKW92J3>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: FAST TRACK SKILLS 8PM US EST

Time: Oct 1, 2024 20:00 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/tZ0sf-GtrDwuG9HL3sS1e9rJ8WIAINEOfIra/ics?icsToken=98tyKuGhrZMiH9aStBiCRpx5BYggWe_zpmZbifp1sEz2MHFWOxHcbtVOE75RnffW&meetingMasterEventId=fabywkmQSWktFKepdzdDQ

https://us02web.zoom.us/meeting/tZ0sf-GtrDwuG9HL3sS1e9rJ8WIAINEOfIra/ics?icsToken=98tyKuGhrZMiH9aStBiCRpx5BYggWe_zpmZbifp1sEz2MHFWOxHcbtVOE75RnffW&meetingMasterEventId=fabywkmQSWktFKepdzdDQ

Join Zoom Meeting

<https://us02web.zoom.us/j/89188527415?pwd=eFPYUaKIPNK7FaLcJ4Op9HjviDxh0y.1>

Meeting ID: 891 8852 7415

Passcode: 264592

One tap mobile

+17193594580,,89188527415#,,,,*264592# US

+12532050468,,89188527415#,,,,*264592# US

Dial by your location

- +1 719 359 4580 US
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- +1 646 931 3860 US
- +1 689 278 1000 US
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- +1 305 224 1968 US

Meeting ID: 891 8852 7415

Passcode: 264592

Find your local number: <https://us02web.zoom.us/u/kb3OxWgVzO>

Topic: SKILLS 10AM US EST

Time: Oct 2, 2024 10:00 Eastern Time (US and Canada)

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

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

Weekly: https://us02web.zoom.us/meeting/tZ0tceqtpzkiHddknSlmipe1f7tVWVmaBBq1/ics?icsToken=98tyKuGhri0pH92XuR6ERpx5Ao_ob-_xmHpEgqdZlxHWDy16cganOuQVJoVJHdny&meetingMasterEventId=tsG6aAU8Qn-EivKZXD2Uew

Join Zoom Meeting

<https://us02web.zoom.us/j/89063592973?pwd=SwOpHnilaapCl6dT02d82LGstvlupt.1>

Meeting ID: 890 6359 2973

Passcode: 967142

One tap mobile

+17193594580,,89063592973#,,,,*967142# US

+12532050468,,89063592973#,,,,*967142# US

Dial by your location

- +1 719 359 4580 US
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- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 890 6359 2973
Passcode: 967142

Find your local number: <https://us02web.zoom.us/j/87487669755>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: SKILLS 8PM US EST

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

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

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

Weekly: [https://us02web.zoom.us/meeting/tZMpf-](https://us02web.zoom.us/meeting/tZMpf-6uqDitH9EwLE65vQPsinCEI7HhD2li/ics?icsToken=98tyKuGvgjMtHNKctxyCRpwEBoqgKO7wplhagvp4ixPAVXVFUzPIP-xhF5soOND0&meetingMasterEventId=EjqXM2_aTEG6MAD-8CwR-A)

[6uqDitH9EwLE65vQPsinCEI7HhD2li/ics?icsToken=98tyKuGvgjMtHNKctxyCRpwEBoqgKO7wplhagvp4ixPAVXVFUzPIP-xhF5soOND0&meetingMasterEventId=EjqXM2_aTEG6MAD-8CwR-A](https://us02web.zoom.us/meeting/tZMpf-6uqDitH9EwLE65vQPsinCEI7HhD2li/ics?icsToken=98tyKuGvgjMtHNKctxyCRpwEBoqgKO7wplhagvp4ixPAVXVFUzPIP-xhF5soOND0&meetingMasterEventId=EjqXM2_aTEG6MAD-8CwR-A)

Join Zoom Meeting

<https://us02web.zoom.us/j/87487669755?pwd=qPeCMEom02AisTIUJzclpQsg9Yase.1>

Meeting ID: 874 8766 9755
Passcode: 703930

One tap mobile

+16694449171,,87487669755#,,,,*703930# US

+16699009128,,87487669755#,,,,*703930# US (San Jose)

Dial by your location

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- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 874 8766 9755

Passcode: 703930

Find your local number: <https://us02web.zoom.us/j/kcUXxrg8ZH>