



DAY1YOGA MONTH ACCESS: SEPTEMBER 2024

Welcome to September 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/11335148?share=copy>

Password: glowup



SEPTEMBER MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

Tuesdays and Thursdays starting SEPT 3RD @ 7am, 1pm, & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting SEPT 3RD @ 8am and 8pm US EST (8 meetings)

SKILLS

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

Topic: STRONGER 9AM US EST

Time: Sep 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/82413312716?pwd=bZ7peCfGnvfA5sanJVGDN3Wutke9Zl.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/82413312716?pwd=bZ7peCfGnvfA5sanJVGDN3Wutke9Zl.1>

Meeting ID: 824 1331 2716

Passcode: 368540

One tap mobile

+16699009128,,82413312716#,,,,*368540# US (San Jose)

+17193594580,,82413312716#,,,,*368540# 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
- +1 309 205 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)
- +1 305 224 1968 US

Meeting ID: 824 1331 2716
Passcode: 368540

Find your local number: <https://us02web.zoom.us/j/ksD4hhRtS>

Topic: STRONGER TOGETHER 7pm EST

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

Every week on Mon, 12 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZEtecurqjvHdR_Fdia-8rFT0uJ80UttfYq/ics?icsToken=98tyKuGtrj0oGdCVtR6HRpwMAo_oa-nwiGjYgdvznhCiEeOhHQArjXGOovJczE&meetingMasterEventId=fpciZUynTh6nSR99kf3Ykg

Join Zoom Meeting

<https://us02web.zoom.us/j/85062340570?pwd=7dtOf6dlvkomt26ZRJFw45tGauU1.1>

Meeting ID: 850 6234 0570
Passcode: 932189

One tap mobile

+13462487799,,85062340570#,,,,*932189# US (Houston)

+16694449171,,85062340570#,,,,*932189# 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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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 850 6234 0570
Passcode: 932189

Find your local number: <https://us02web.zoom.us/j/kcAksljxT6>

Topic: FOUNDATIONS 7am US EST

Time: Sep 3, 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/tZYud-CrQTKrEtbdMLz_p5p39jdOpt19MwbX/ics?icsToken=98tyKuGgrTsjGdOXsRGFRpWQA4igXenwtnpcj7dfuDLJGR9DNxOlb-hGHajrQYH9&meetingMasterEventId=9-YtfEhLTtCmZGwNWFenyA](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZYud-CrQTKrEtbdMLz_p5p39jdOpt19MwbX/ics?icsToken=98tyKuGgrTsjGdOXsRGFRpWQA4igXenwtnpcj7dfuDLJGR9DNxOlb-hGHajrQYH9&meetingMasterEventId=9-YtfEhLTtCmZGwNWFenyA)

Join Zoom Meeting
<https://us02web.zoom.us/j/82309372182?pwd=EQV7FRJhqaSSdSzRNVKb2U3wvzfH6N.1>

Meeting ID: 823 0937 2182
Passcode: 502476

One tap mobile
+12532050468,,82309372182#,,,,*502476# US
+12532158782,,82309372182#,,,,*502476# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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- +1 507 473 4847 US

Meeting ID: 823 0937 2182
Passcode: 502476

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

Topic: FOUNDATIONS 1PM US EST
Time: Sep 3, 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/tZ0kdOiuTwsEtwkSvcEpEC88YQjzf_hXi4G/ics?icsToken=98tyKuGhpzgrHNeSthGPRpx5HYjCd-7ztmZdj7dKlyzzAAVDRyCubttzOKh5L9Do&meetingMasterEventId=Bmw3DCOmRqa45gEO4vT-cQ

Join Zoom Meeting
<https://us02web.zoom.us/j/89931637688?pwd=ZQSxMoNngtpUQ6eDhHD1XS2bkPs0Ik.1>

Meeting ID: 899 3163 7688
Passcode: 730129

One tap mobile
+16699009128,,89931637688#,,,,*730129# US (San Jose)
+17193594580,,89931637688#,,,,*730129# US

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

Meeting ID: 899 3163 7688
Passcode: 730129

Find your local number: <https://us02web.zoom.us/j/kcwBP53krF>

Topic: FOUNDATIONS 7PM US EST
Time: Sep 3, 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/tZcquyqrDwpGd0m8YIIVDy8lz29EwPeCT8N/ics?icsToken=98tyKuGrqTovGNsSxqORpwaB4j4Z-rzpmZeiacNkUfckgllRhquOvgQa5dolN3z&meetingMasterEventId=xSvHZDnvTqerfOY_iKmmHw

Join Zoom Meeting

<https://us02web.zoom.us/j/83715227339?pwd=2psdZBi9t6WfA8ldxYHkgcN9Arm6Xh.1>

Meeting ID: 837 1522 7339
Passcode: 284432

One tap mobile

+12532158782,,83715227339#,,,,*284432# US (Tacoma)
+13462487799,,83715227339#,,,,*284432# US (Houston)

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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: 837 1522 7339
Passcode: 284432

Find your local number: <https://us02web.zoom.us/j/83442644446>

Topic: SKILLS 10AM US EST

Time: Sep 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/tZcpc-uugj8uHtLOQ-iz6GzHGiy6-olkNLnM/ics?icsToken=98tyKuGrqj8oHNCrTB2BRpwgBo-ga-7wiClbgrdxsy6oCToFRrneEet7ZP9wHNP-&meetingMasterEventId=vwgaWtJ4SjypoKA6FD-VgQ>

Join Zoom Meeting

<https://us02web.zoom.us/j/83442644446?pwd=C3Xlz4ycl07e33T565nIS1FWYJoRiC.1>

Meeting ID: 834 4264 4446

Passcode: 132587

One tap mobile

+13462487799,,83442644446#,,,,*132587# US (Houston)

+16694449171,,83442644446#,,,,*132587# US

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: 834 4264 4446

Passcode: 132587

Find your local number: <https://us02web.zoom.us/j/keIqEaTAv7>

Topic: SKILLS 8PM US EST

Time: Sep 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/tZElduugrj0sHdLEeXWg6g7AUvNbp6w-T0g-/ics?icsToken=98tyKuGtpjooEtSTth6BRpwMGoj4a_zziCFdggdxuRrdNCcFZVTXA_RsMKlpB5Xk&meetingMasterEventId=VWH4ueZtQmK5vekcSMs9WQ

Join Zoom Meeting

<https://us02web.zoom.us/j/85812806676?pwd=QWG1X1Y7i8FEXThunKFbNubSRHovU3.1>

Meeting ID: 858 1280 6676

Passcode: 338477

One tap mobile
+12532050468,,85812806676#,,,,*338477# US
+12532158782,,85812806676#,,,,*338477# US (Tacoma)

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- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 858 1280 6676
Passcode: 338477

Find your local number: <https://us02web.zoom.us/j/kckAu3RXsJ>

Topic: FAST TRACK 8AM US EST
Time: Sep 3, 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/tZcpdu-qgjMoGtGWGKnF_7bHLn-11BXoPoAW/ics?icsToken=98tyKuGrgjosGNCdshmCRpwqBoj4M-rwiFxBjbd6qziODOZsNQHeGuwPY-NdKNfg&meetingMasterEventId=SQ41RdYLQhaEZ4njCQFgTQ

Join Zoom Meeting
<https://us02web.zoom.us/j/83416248205?pwd=gaK1T5RbyO2bFCHvKzhtdSqvQEsG6m.1>

Meeting ID: 834 1624 8205
Passcode: 053222

One tap mobile
+17193594580,,83416248205#,,,,*053222# US
+12532050468,,83416248205#,,,,*053222# US

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- +1 312 626 6799 US (Chicago)
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- +1 386 347 5053 US
- +1 507 473 4847 US

Meeting ID: 834 1624 8205
Passcode: 053222

Find your local number: <https://us02web.zoom.us/j/k3nbFtGks>

Topic: FAST TRACK 8PM US EST
Time: Sep 3, 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/tZlqdeGorT8vGd0hBDIOGzSZLxOfg3Hy1VRe/ics?icsToken=98tyKuGuqTkiGteRtRqORpwAB4joWfTztilYiacNID3BKg90eDDMGvptNLUsOMGB&meetingMasterEventId=tVvilhpVSMir-D3OHp97hw>

Join Zoom Meeting

<https://us02web.zoom.us/j/86728034539?pwd=EGIHaxvOCe7EaytrggDsPPbvoRwijd.1>

Meeting ID: 867 2803 4539
Passcode: 831868

One tap mobile

+17193594580,,86728034539#,,,,*831868# US
+12532050468,,86728034539#,,,,*831868# US

Dial by your location

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- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 867 2803 4539
Passcode: 831868

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

