



FOUNDATIONS NOVEMBER
2024

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
Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: FOUNDATIONS 7AM

Time: Nov 5, 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/tZEld-GupzIqGNTvabggQoaG141YBBj5-67g/ics?icsToken=98tyKuGtpjsiHN2csBuHRpwMGoigWe7xmFhfY1pih7nBCdibQLRZ7YTC5BdGo2d&meetingMasterEventId=17zZFEhNSJGJy1O6nFShTQ>

Join Zoom Meeting

<https://us02web.zoom.us/j/85808699020?pwd=5b51AUACuO3fDxlwacFW6Hff5VbR2G.1>

Meeting ID: 858 0869 9020

Passcode: 670505

One tap mobile

+13462487799,,85808699020#,,,,*670505# US (Houston)

+16694449171,,85808699020#,,,,*670505# 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)
- +1 301 715 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
- +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

Meeting ID: 858 0869 9020
Passcode: 670505

Find your local number: <https://us02web.zoom.us/j/85808699020>

Topic: FOUNDATIONS 1PM US EST

Time: Nov 5, 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/j/85808699020?pwd=ZGZjZktEioPAZUaxC7YuxEG6daSdDY&meetingMasterEventId=XG_AMpx-RlyoXb7eEy-WQ

Join Zoom Meeting

<https://us02web.zoom.us/j/89716487482?pwd=BwzwdwMEhyX0BclwmJSpXtiPN9n3.1>

Meeting ID: 897 1648 7482
Passcode: 577701

One tap mobile

+13462487799,,89716487482#,,,,*577701# US (Houston)
+16694449171,,89716487482#,,,,*577701# 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)
- +1 386 347 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)
- +1 360 209 5623 US

Meeting ID: 897 1648 7482
Passcode: 577701

Find your local number: <https://us02web.zoom.us/j/89716487482>

Topic: FOUNDATIONS 6PM US EST

Time: Nov 5, 2024 18:00 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/j/89605229508?pwd=Pjmv9ybW4QfUnTi8EkRL6mK3B7LyCa.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/89605229508?pwd=Pjmv9ybW4QfUnTi8EkRL6mK3B7LyCa.1>

