



FOUNDATIONS DECEMBER
2024

CODES FOR 2 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.

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: FOUNDATIONS 7AM US EST

Time: Dec 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/j/84665497111?pwd=NIK3pZYfh9n0ZspTYa1CW9KwpM9Qpd.1>
https://us02web.zoom.us/meeting/tZArceypzwrG9Xg0RGulXpAdggnM-wi2CJE/ics?icsToken=98tyKuGsqD0vHt2SsRiGRpwIBI_oZ-ixmGZcifplm0_XJDVfWhPXMvNFPJ8yB9GC&meetingMasterEventId=iDldGS7LRWgpqJ6Bqdl-A

Join Zoom Meeting

<https://us02web.zoom.us/j/84665497111?pwd=NIK3pZYfh9n0ZspTYa1CW9KwpM9Qpd.1>

Meeting ID: 846 6549 7111

Passcode: 828360

One tap mobile

+17193594580,,84665497111#,,,,*828360# US

+12532050468,,84665497111#,,,,*828360# US

Dial by your location

- +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
- +1 669 900 9128 US (San Jose)
- +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: 846 6549 7111

Passcode: 828360

Find your local number: <https://us02web.zoom.us/j/kbSvN1jWQ>

Topic: FOUNDATIONS 6PM US EST

Time: Dec 3, 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/meeting/tZUod-CgpzWqEtdj-](https://us02web.zoom.us/meeting/tZUod-CgpzWqEtdj-HkNlDrueWfwQUc8zhQo/ics?icsToken=98tyKuGpqsziGN2SsBGERpwcGYigXerxmGZfj7dZILNCA5fRhHjM9VEJYNKE4DK&meetingMasterEventId=APinMBcPQnKpnMfzSnJnKg)

[HkNlDrueWfwQUc8zhQo/ics?icsToken=98tyKuGpqsziGN2SsBGERpwcGYigXerxmGZfj7dZILNCA5fRhHjM9VEJYNKE4DK&meetingMasterEventId=APinMBcPQnKpnMfzSnJnKg](https://us02web.zoom.us/meeting/tZUod-CgpzWqEtdj-HkNlDrueWfwQUc8zhQo/ics?icsToken=98tyKuGpqsziGN2SsBGERpwcGYigXerxmGZfj7dZILNCA5fRhHjM9VEJYNKE4DK&meetingMasterEventId=APinMBcPQnKpnMfzSnJnKg)

Join Zoom Meeting

<https://us02web.zoom.us/j/81509297083?pwd=F5fVOaFRJx57hP4RQAN3s51KEskeHW.1>

Meeting ID: 815 0929 7083

Passcode: 987722

One tap mobile

+17193594580,,81509297083#,,,,*987722# US

+12532050468,,81509297083#,,,,*987722# US

Dial by your location

• +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

• +1 669 900 9128 US (San Jose)

• +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: 815 0929 7083

Passcode: 987722

Find your local number: <https://us02web.zoom.us/j/kcKMc9dL33>