



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 email can be empty. This helps expedite your request. The recording is available for 24hrs from the time it was recorded. Please do not request classes past 2 days. ☺

Topic: SKILLS 10AM US EST

Time: Dec 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/tZEqc-CprT4qEtNDKaDDP18GyfK9oqGBy-GJ/ics?icsToken=98tyKuGtgT8jG9eQsBGARpwMB4-gXevztiVfi7dzuDTkIwRiM1vRL-Rpa71uN_rJ&meetingMasterEventId=hftFJHeRTjG_hq11uIYV8w

Join Zoom Meeting

<https://us02web.zoom.us/j/85749135087?pwd=TKb3nFB0zX9lrPU5IcnTUxyFvley57.1>

Meeting ID: 857 4913 5087

Passcode: 699260

One tap mobile

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+16699009128,,85749135087#,,,,*699260# US (San Jose)

Dial by your location

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- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +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
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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

Meeting ID: 857 4913 5087

Passcode: 699260

Find your local number: <https://us02web.zoom.us/j/kcqr7NbaG6>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: SKILLS 7PM US EST

Time: Dec 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/tZwocu6qrDwuGNUDLmaHNRUnLQZyC0rmaQYC/ics?icsToken=98tyKuGgz4tGNstBuGRpw-GY_4KOrzpmZbiY1ouDPoAgh9UDb4GtN4C7EvAtXR&meetingMasterEventId=upAL7kzyS5CaS_vXbvRPYg

Join Zoom Meeting

<https://us02web.zoom.us/j/88557227421?pwd=NnttyvBrkq8YoDxt6DMhuDwz2DJCfj.1>

Meeting ID: 885 5722 7421

Passcode: 414142

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Meeting ID: 885 5722 7421

Passcode: 414142

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