



## FOUNDATIONS JANUARY 2025

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](mailto: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

**Topic: FOUNDATIONS 7AM US EST**

**Time: Jan 2, 2025 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/tZMpfuusqD4tG9X1enTUc2TRP7ih5C5N5oo-/ics?icsToken=DJBpVQUdWkz7RHqyQAALAAAAB4loskKPjecD7oeSL-3NnzBVQUP4RMzlxFRPEW0j3zQPfdrgrkfq-Lm0Sd4inR2fDVs4q1OgSpcCCcDAwMDAwMQ&meetingMasterEventId=d1b\\_5OP3TFK-hpLITUay8Q](https://us02web.zoom.us/j/87492465711?pwd=sx0paKfFwvleVRUc1IFdXBmxDOX5mG.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/87492465711?pwd=sx0paKfFwvleVRUc1IFdXBmxDOX5mG.1>

Meeting ID: 874 9246 5711

Passcode: 059595

---

One tap mobile

+16694449171,,87492465711#,,,,\*059595# US

+16699009128,,87492465711#,,,,\*059595# US (San Jose)

---

Dial by your location

- +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)
- +1 346 248 7799 US (Houston)
- +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
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 874 9246 5711

Passcode: 059595

Find your local number: <https://us02web.zoom.us/j/85647547482>

**Topic: FOUNDATIONS 6PM US EST**

**Time: Jan 2, 2025 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/tZErc-6tqjwuEtYHhey4SYtYpvkcVg4sJXoC/ics?icsToken=DEKW2njhcKOWQUB1\\_AAALAAAAPg-CDkDoAO\\_3LRU1o9t9fAehg84QNWMEKFBzjN-lixYJlEj\\_NuFjdHeyRDs0IDExVfFppZmvuhZCckAjAwMDAwMQ&meetingMasterEventId=TCnSIZbXSR6FKzIZ6whEBg](https://us02web.zoom.us/meeting/tZErc-6tqjwuEtYHhey4SYtYpvkcVg4sJXoC/ics?icsToken=DEKW2njhcKOWQUB1_AAALAAAAPg-CDkDoAO_3LRU1o9t9fAehg84QNWMEKFBzjN-lixYJlEj_NuFjdHeyRDs0IDExVfFppZmvuhZCckAjAwMDAwMQ&meetingMasterEventId=TCnSIZbXSR6FKzIZ6whEBg)

Join Zoom Meeting

<https://us02web.zoom.us/j/85647547482?pwd=KjkSjZL51jtXS1k1ZDeS8nd6AE3Krc.1>

Meeting ID: 856 4754 7482

Passcode: 614688

---

One tap mobile

+12532050468,,85647547482#,,,,\*614688# US

+12532158782,,85647547482#,,,,\*614688# US (Tacoma)

---

Dial by your location

- +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)
- +1 719 359 4580 US
- +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
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 856 4754 7482

Passcode: 614688

Find your local number: <https://us02web.zoom.us/j/kc61FTL81n>