



DAY1YOGA MONTH ACCESS: JANUARY 2025

Welcome to JANUARY 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!** MEMBER CONTEST THIS MONTH FOR MOST LIVE ATTENDANCE! 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/11513175?share=copy>

Password: GROW



JANUARY MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting JAN 3 @ 9am & 6pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting JAN 2 @ 7am & 6pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting JAN 2 @ 7pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting JAN 3 @ 10am and 7pm US EST (12 classes)

MICRODOSE 15 DRILLS

Tuesdays and Thursdays starting JAN 2 @ 8pm US EST (8 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting JAN 2 @ 7:45AM US EST (8 meetings)

NEW YEAR'S DAY MIXED LEVEL

WED JAN 1 @ 9AM & 9PM

Topic: STRONGER 9AM US EST

Time: Jan 3, 2025 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/meeting/tZEIc-vgiwvGtPmuolQC-](https://us02web.zoom.us/meeting/tZEIc-vgiwvGtPmuolQC-XAU08c8wR8_03q/ics?icsToken=DBK9YfYLhT3pBfkWgAALAAAON8XpB_G78VeWbiOV353WK4DazBSVpco_iWizCHNJ0mfzHpTe-22icOmkat10dqioXr-oxxGoQ24u1EzAwMDAwMQ&meetingMasterEventId=WUBjddBtQ004F-9G9KkWAw)

[XAU08c8wR8_03q/ics?icsToken=DBK9YfYLhT3pBfkWgAALAAAON8XpB_G78VeWbiOV353WK4DazBSVpco_iWizCHNJ0mfzHpTe-22icOmkat10dqioXr-oxxGoQ24u1EzAwMDAwMQ&meetingMasterEventId=WUBjddBtQ004F-9G9KkWAw](https://us02web.zoom.us/meeting/tZEIc-vgiwvGtPmuolQC-XAU08c8wR8_03q/ics?icsToken=DBK9YfYLhT3pBfkWgAALAAAON8XpB_G78VeWbiOV353WK4DazBSVpco_iWizCHNJ0mfzHpTe-22icOmkat10dqioXr-oxxGoQ24u1EzAwMDAwMQ&meetingMasterEventId=WUBjddBtQ004F-9G9KkWAw)

Join Zoom Meeting
<https://us02web.zoom.us/j/85846747507?pwd=moSi1psfoji2JzPGQnc01GOlVgCnN.1>

Meeting ID: 858 4674 7507
Passcode: 349938

One tap mobile
+17193594580,,85846747507#,,,,*349938# US
+12532050468,,85846747507#,,,,*349938# 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)
- +1 564 217 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
- +1 507 473 4847 US

Meeting ID: 858 4674 7507
Passcode: 349938

Find your local number: <https://us02web.zoom.us/u/kchwd2rWPw>

Topic: STRONGER 6PM US EST
Time: Jan 3, 2025 18:00 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/tZUodO6hqz8gHdGV0ZgHQAwDDAJFpFSORePU/ics?icsToken=DEqeNUY-SFgGeMmGYAAALAAAOS2d9u_RmExvKnHNHPZL5VNqX1w9cOIB4pcxjGbfygnYQcQui6bY073KqgLx8Xbx8ech2zYdqN_wnYlCzAwMDAwMQ&meetingMasterEventId=fRykpI9SYeKIzZlw04raA

Join Zoom Meeting
<https://us02web.zoom.us/j/81537954075?pwd=7PSIfobGEQNXtawABBj007Q4YafCMT.1>

Meeting ID: 815 3795 4075
Passcode: 092321

One tap mobile
+16694449171,,81537954075#,,,,*092321# US
+16699009128,,81537954075#,,,,*092321# 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
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- +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: 815 3795 4075
Passcode: 092321

Find your local number: <https://us02web.zoom.us/j/keiDxLOK2r>

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=DJBpVQUdWkz7RHogvQAALAAAAB4loskKpjecD7oeSL-3NnzBVQUP4RMzlxzFRPEW0j3zQPfdrgrkfg-Lm0Sd4inR2fDvHs4g1OgSpbCCcDAwMDAwMQ&meetingMasterEventId=d1b_5OP3TFK-hpLITUay8Q

Join Zoom Meeting
<https://us02web.zoom.us/j/87492465711?pwd=sx0paKIFwvleVRUc1fFdXBmxDQX5mG.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
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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
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- +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/kzUICewMK>

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-lixYJlEfi_NuFjdHeyRDs0lDExVfPppZmvuhZCckAjAwMDAwMQ&meetingMasterEventId=TCnSlZbXSR6FKzIZ6whEBg

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
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- +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/u/kc61FTL81n>

Topic: FAST TRACK 7PM US EST

Time: Jan 2, 2025 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/tZMvduCvqTMtH9MEcr5XXR_sfY52CKN3ByzE/ics?icsToken=DHySeDXKmN12FEuCPgAALAAAAadu6UGkGzTEC_M4qmDIQtOCXrmPMIV8ofwP1hAvjK9VxR3nv-5PyItXiPdZNDPJ4-HXhWkcczfgM849FTAwMDAwMQ&meetingMasterEventId=8x4FF2kXR1CnUZqNTRXYWg

Join Zoom Meeting

<https://us02web.zoom.us/j/87219778757?pwd=OVPNTnKBVa0dVxXNszbDObg1zpzVws.1>

Meeting ID: 872 1977 8757

Passcode: 712553

One tap mobile

+12532158782,,87219778757#,,,,*712553# US (Tacoma)

+13462487799,,87219778757#,,,,*712553# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +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

Meeting ID: 872 1977 8757

Passcode: 712553

Find your local number: <https://us02web.zoom.us/j/86742507320>

Topic: SKILLS 10AM US EST

Time: Jan 3, 2025 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/tZlqc-utriwpGNROEmrPRF9ioWMGzccoygXK/ics?icsToken=DJAZ5uMJjxojhviv2AAALAAAAMXCMJn-tvg_5eDLAlkvurx52cY-XKzcfle8gk38Scz40xmSldhQpZizwYe9e8MPdYObt4-H0uqovCz9jAwMDAwMQ&meetingMasterEventId=x8lx3vxuSOubCABCQ3SxoA

Join Zoom Meeting

<https://us02web.zoom.us/j/86742507320?pwd=Z9aTF8amAQP31CXbQtig7o7MGMxaN4.1>

Meeting ID: 867 4250 7320

Passcode: 080404

One tap mobile

+16699009128,,86742507320#,,,,*080404# US (San Jose)

+17193594580,,86742507320#,,,,*080404# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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- +1 689 278 1000 US
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- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 867 4250 7320

Passcode: 080404

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

Topic: SKILLS 7PM US EST

Time: Jan 3, 2025 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/tZUsdu6grz8rGt1WY1Jb91fdagttl-qRGSDR/ics?icsToken=DPRXowb1ymTQJ8keAAALAAAMehid1ge-pE7quqvMNZbx9fmJQGrB8r_ds4GKPLshAUJTEV0PEoXz2iAfrmidefijPu_Nq2kak8OnCo9TAwMDAwMQ&meetingMasterEventId=A_FSGzoYRWabx5AcT1cXsg

Join Zoom Meeting

<https://us02web.zoom.us/j/81117814109?pwd=TiYHvUDGogxvtxpIxuY4sihIWItvJ0.1>

Meeting ID: 811 1781 4109

Passcode: 445129

One tap mobile

+12532158782,,81117814109#,,,,*445129# US (Tacoma)

+13462487799,,81117814109#,,,,*445129# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +1 669 444 9171 US
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- +1 719 359 4580 US
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- +1 360 209 5623 US
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- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 811 1781 4109

Passcode: 445129

Find your local number: <https://us02web.zoom.us/j/kd11wUa4NN>

Topic: MICRODOSE 15 DRILLS 8PM US EST

Time: Jan 2, 2025 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/tZAtc-uhqzorHNU7G4ipdLUBDLuU_wGkF6j8/ics?icsToken=DLF2Ej-bXrUqaKv_3gAALAAALWoLyDY8xg5Yx5x_r7WKfFQ8pgcoga_ucxOL7wWI6hcxpL_a_i51VDC7TOhZGb8gyccspQ3rs1gQpt0IWzAwMDAwMQ&meetingMasterEventId=JbmyhjOXT5eeVVZx17UZHg

Join Zoom Meeting

<https://us02web.zoom.us/j/84042951161?pwd=iMeq3glaxTi1fCLPCUtXtOgloO75VK.1>

Meeting ID: 840 4295 1161

Passcode: 153586

One tap mobile

+12532158782,,84042951161#,,,,*153586# US (Tacoma)
+13462487799,,84042951161#,,,,*153586# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +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

Meeting ID: 840 4295 1161
Passcode: 153586

Find your local number: <https://us02web.zoom.us/j/kcnAstK5dA>

Topic: MICRODOSE 15 SKILLS

Time: Jan 2, 2025 07:30 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/tZcuf-ChrjovHNaF-WGcZmtnXsn7Mxkr97mq/ics?icsToken=DHyD8uxl7Qq-EaAc-AAALAAAAHUYpz4okgNOcAJEsUTbZ- kOQHC6a6eh-9Wn80RVmQj9iuKya8pl6B82tvWxBy5UW71qBVNTvwm_5VV3DAwMDAwMQ&meetingMasterEventId=tvPCjGmQTLqIXPAWapVeZw

Z

w

Join Zoom Meeting
<https://us02web.zoom.us/j/83389901562?pwd=YMvacW7cauNWs0gcFFu0bhylTmmevS.1>

Meeting ID: 833 8990 1562
Passcode: 666582

One tap mobile

+12532050468,,83389901562#,,,,*666582# US
+12532158782,,83389901562#,,,,*666582# US (Tacoma)

Dial by your location

- +1 253 205 0468 US
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- +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: 833 8990 1562

Passcode: 666582

Find your local number: <https://us02web.zoom.us/j/89946798505>

Topic: NEW YEARS DAY MIXED LEVEL 9AM US EST

Time: Jan 1, 2025 09:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89946798505?pwd=Mxp9eULHkQPaB4bmTpdYverJhS0qbb.1>

Meeting ID: 899 4679 8505

Passcode: 346675

One tap mobile

+17193594580,,89946798505#,,,,*346675# US

+12532050468,,89946798505#,,,,*346675# US

Dial by your location

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- +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

Meeting ID: 899 4679 8505

Passcode: 346675

Find your local number: <https://us02web.zoom.us/j/89946798505>

Topic: NEW YEARS DAY MIXED LEVEL 9PM US EST

Time: Dec 30, 2024 15:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83614091596?pwd=vYaG36eDrzq8dAastplnaaORcl1X1o.1>

Meeting ID: 836 1409 1596

Passcode: 617481

One tap mobile

+13462487799,,83614091596#,,,,*617481# US (Houston)

+16694449171,,83614091596#,,,,*617481# US

Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 836 1409 1596

Passcode: 617481

Find your local number: <https://us02web.zoom.us/j/83614091596?pwd=vYaG36eDrzq8dAastplnaaORcl1X1o.1>