



## STRONGER TOGETHER

BOTH class times are included in the email.

Please make sure to sign in 3-5 mins before class start time with the name you registered with.

### 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 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: 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/tzElc--vqiWvGtPmuolQC-XAU08c8wR8\\_03q/ics?icsToken=DBK9YfYLiHt3pBfkWgAALAAAON8XpB\\_G78VeWbiOV353WK4DazBSVpco\\_iWizCHNJ0mlfzHpTe-22icOmqk10dqjoxr-oxXGoQ24u1EzAwMDAwMQ&meetingMasterEventId=WUBjddBtQ004F-9G9KkWAw](https://us02web.zoom.us/meeting/tzElc--vqiWvGtPmuolQC-XAU08c8wR8_03q/ics?icsToken=DBK9YfYLiHt3pBfkWgAALAAAON8XpB_G78VeWbiOV353WK4DazBSVpco_iWizCHNJ0mlfzHpTe-22icOmqk10dqjoxr-oxXGoQ24u1EzAwMDAwMQ&meetingMasterEventId=WUBjddBtQ004F-9G9KkWAw)

<https://us02web.zoom.us/j/85846747507?pwd=moSi1psfoji2JzPGQnc01GOIVgCncN.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/85846747507?pwd=moSi1psfoji2JzPGQnc01GOIVgCncN.1>

Meeting ID: 858 4674 7507

Passcode: 349938

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- +1 646 558 8656 US (New York)
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- +1 301 715 8592 US (Washington DC)
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**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/tZUodO6hqz8gHdGV02gHQAwDDAJFpFSORePU/ics?icsToken=DEqeNUY-SFqGeMmGYAAALAAAOS2d9u\\_RmExvKnHNHPZL5VNgX1w9cOIB4pcxjGbfygnYQcQuj6bY073KqgLx8Xbx8ech2zYdqK\\_wnYlCzAwMDAwMQ&meetingMasterEventId=fRykpi9SYeKIZZlw04raA](https://us02web.zoom.us/meeting/tZUodO6hqz8gHdGV02gHQAwDDAJFpFSORePU/ics?icsToken=DEqeNUY-SFqGeMmGYAAALAAAOS2d9u_RmExvKnHNHPZL5VNgX1w9cOIB4pcxjGbfygnYQcQuj6bY073KqgLx8Xbx8ech2zYdqK_wnYlCzAwMDAwMQ&meetingMasterEventId=fRykpi9SYeKIZZlw04raA)

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Passcode: 092321

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