



FEBRUARY 2025 FAST TRACK SKILLS

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: FAST TRACK SKILLS

Time: Feb 4, 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/tZUocOiuRTkiHtWWGr31wpEvXlg0A9hisXf0/ics?icsToken=DGQkq774WabqBqyufAAALAAAAPnxrERoCU3nmmSfzeSa6fE0yWrfQ6E4zyKcklGQZXKciQ2k7SQDd-ocpkb5LhKSET8Uh6hp5KLNiTvDBzAwMDAwMQ&meetingMasterEventId=UDuDw9kbQ12ITdDcdjCUTA>

Join Zoom Meeting

<https://us02web.zoom.us/j/81571632841?pwd=5CA0ri5yySncVtua3TcOcFqfLTAsbT.1>

Meeting ID: 815 7163 2841

Passcode: 237108

One tap mobile

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- +1 507 473 4847 US
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- +1 646 931 3860 US
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