



DAY1YOGA MONTH ACCESS: FEBRUARY 2025

Welcome to FEBRUARY 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!** 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: LOVE222



FEBRUARY MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

Tuesdays and Thursdays starting FEB 4 @ 7am & 6pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting FEB 4 @ 7pm US EST (8 meetings)

SKILLS

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

MICRODOSE 15 DRILLS

Tuesdays and Thursdays starting FEB 4 @ 8pm US EST (8 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting FEB 4 @ 7:45AM US EST (8 meetings)

Topic: STRONGER 9AM US EST

Time: Feb 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/join/81509242970?pwd=SrbM6CbE7GJL9pRhCiibsWHnHwBkHN.1>

<https://us02web.zoom.us/join/81509242970?pwd=SrbM6CbE7GJL9pRhCiibsWHnHwBkHN.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/81509242970?pwd=SrbM6CbE7GJL9pRhCiibsWHnHwBkHN.1>

Meeting ID: 815 0924 2970

Passcode: 498368

One tap mobile
+16699009128,,81509242970#,,,,*498368# US (San Jose)
+17193594580,,81509242970#,,,,*498368# US

Dial by your location

- +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)
- +1 669 444 9171 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)
- +1 646 931 3860 US

Meeting ID: 815 0924 2970
Passcode: 498368

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

Topic: STRONGER 6PM US EST

Time: Feb 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/tZIkOyorjsiHdfxtgafnkN4SpPv7dVI5yd/ics?icsToken=DJB5GfsJUxm5bBn6rAAAAAAGWIE0_wstNp1-w4irLUsG2gQH26YmIFXSKt3Sk9x1KSxQRLtA5KFVU5RrhoFwOV3DWEph2V9d_9FJcxkjAwMDAwMQ&meetingMasterEventId=uaQDjUoGQaS9HvVdiyBfmg

Join Zoom Meeting

<https://us02web.zoom.us/j/86935000873?pwd=H4u2juUk3yd5SEAhAbNSE1CnXkakiy.1>

Meeting ID: 869 3500 0873
Passcode: 611614

One tap mobile
+17193594580,,86935000873#,,,,*611614# US
+12532050468,,86935000873#,,,,*611614# US

Dial by your location

- +1 719 359 4580 US
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- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
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- +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

Meeting ID: 869 3500 0873
 Passcode: 611614

Find your local number: <https://us02web.zoom.us/j/keuxtFMOB3>

Topic: FOUNDATIONS 7AM US EST

Time: Feb 4, 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/j/88074230052?pwd=yvkwziGuKg8Ii5rxOyHPbkLLfrbPDV.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88074230052?pwd=yvkwziGuKg8Ii5rxOyHPbkLLfrbPDV.1>

Meeting ID: 880 7423 0052
 Passcode: 801967

One tap mobile

- +12532050468,,88074230052#,,,,*801967# US
- +12532158782,,88074230052#,,,,*801967# 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)
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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: 880 7423 0052
 Passcode: 801967

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

Topic: FOUNDATIONS 6PM US EST

Time: Feb 4, 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/j/84546355115?pwd=IFGFDg9DwYCFBWccoNz42ZUFRWZJ3X.1>

<https://us02web.zoom.us/j/84546355115?pwd=IFGFDg9DwYCFBWccoNz42ZUFRWZJ3X.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/84546355115?pwd=IFGFDg9DwYCFBWccoNz42ZUFRWZJ3X.1>

Meeting ID: 845 4635 5115
Passcode: 723571

One tap mobile
+12532158782,,84546355115#,,,,*723571# US (Tacoma)
+13462487799,,84546355115#,,,,*723571# US (Houston)

Dial by your location

- +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
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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: 845 4635 5115
Passcode: 723571

Find your local number: <https://us02web.zoom.us/j/81571632841>

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=DGQkq774WabqBqyufAAAAAANpxrERoCU3nmmSfzeSa6fE0yWrfQ6E4zyKcklGQZXKciQ2k7SQDd-ocpkb5LhKSET8U6hp5kLNjTvDBzAwMDAwMQ&meetingMasterEventId=UDuDW9kbQ12ITdDcdiCUTA>

Join Zoom Meeting

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

Meeting ID: 815 7163 2841
Passcode: 237108

One tap mobile
+17193594580,,81571632841#,,,,*237108# US
+12532050468,,81571632841#,,,,*237108# US

Dial by your location

- +1 719 359 4580 US
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- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US

Meeting ID: 815 7163 2841
Passcode: 237108

Find your local number: <https://us02web.zoom.us/j/81571632841>

Topic: SKILLS 10AM US EST

Time: Feb 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/tZwrde-rrjovGNN05nzGwPGF04p2R8ZBbtB5/ics?icsToken=DFITsSOjFJVlXgLfzGAAALAAAj3v9yOggq7eADCVoGZGLqjvlgujaiOGdLYU2vv3dn6MJpEI9r2mgCrEEjileGgXUb0Qp5x3XSpACjQlnzAwMDAwMQ&meetingMasterEventId=fnW2pgqLTKYnmrBnWXsgg>

Join Zoom Meeting

<https://us02web.zoom.us/j/88626301527?pwd=3ZFrnusnAL3mkCAxMjB6oYCpcmAa2q.1>

Meeting ID: 886 2630 1527
Passcode: 732959

One tap mobile

+16694449171,,88626301527#,,,,*732959# US

+16699009128,,88626301527#,,,,*732959# US (San Jose)

Dial by your location

- +1 669 444 9171 US
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- +1 253 205 0468 US
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
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- +1 386 347 5053 US

Meeting ID: 886 2630 1527
Passcode: 732959

Find your local number: <https://us02web.zoom.us/j/88626301527>

Topic: SKILLS 7PM US EST

Time: Feb 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/tZYlc-mprT8tHtcIYkPQfBZNTi9iVNm6ju-f/ics?icsToken=DOOnIDYsJouPLAFiy3wAALAAAAFP9vg4MxwmS8x129Cbm4xAlC34ZeYDSwnWiWU64a33TcB4M2hFE49o81I22xDcR6GMKO7V13Xuyg-NzAwMDAwMQ&meetingMasterEventId=3LYaWofDRdKYekKmA7YEAA](https://us02web.zoom.us/join/82840134743?pwd=V2korY2v7aSLgFWnqfHUFAiZbNDEBG.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/82840134743?pwd=V2korY2v7aSLgFWnqfHUFAiZbNDEBG.1>

Meeting ID: 828 4013 4743

Passcode: 863641

One tap mobile

+12532158782,,82840134743#,,,,*863641# US (Tacoma)

+13462487799,,82840134743#,,,,*863641# 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
- +1 564 217 2000 US

Meeting ID: 828 4013 4743

Passcode: 863641

Find your local number: <https://us02web.zoom.us/j/kb54NCYiO5>

Topic: MICRODOSE 15 DRILLS

Time: Feb 4, 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/tZAlDemuqzopEtClfjvSWclrnVZEz0UQIRqW/ics?icsToken=DH3_V1NQciS2m_6PwAALAAAAKoloBEwgXu4Llh-4vj_fXbJ7dal2-ZUh5s4Q1YmOzSJRock4hD8f48fDJ2-cPKRfOIRuI53UEQU7i5bmDAwMDAwMQ&meetingMasterEventId=ZE8Rybm7S5mtNuCXTXjYfg](https://us02web.zoom.us/join/84820651384?pwd=1lsp7ClbjF1CJfkWHkQJO1k2B2QKY.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/84820651384?pwd=1lsp7ClbjF1CJfkWHkQJO1k2B2QKY.1>

Meeting ID: 848 2065 1384

Passcode: 651750

One tap mobile

+13462487799,,84820651384#,,,,*651750# US (Houston)

+16694449171,,84820651384#,,,,*651750# US

Dial by your location

- +1 346 248 7799 US (Houston)
- +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)
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- +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)

Meeting ID: 848 2065 1384

Passcode: 651750

Find your local number: <https://us02web.zoom.us/j/89653221334>

Topic: MICRODOSE 15 SKILLS

Time: Feb 4, 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/tZ0rcuqqrDopGdAoPBzqk-](https://us02web.zoom.us/meeting/tZ0rcuqqrDopGdAoPBzqk-VaRYxGBP32mMt4/ics?icsToken=DPqjvYK59XzoFtpnbAAALAAAACtpZ1W5g3WJdlBgP9oxmT-9T1yfAljM8vNQd2gid7gUTTjBiqySvfSrNC5FGbuQFfQSarsdgGeJRMZygiAwMDAwMQ&meetingMasterEventId=lyFP2niEQWOT1gpBRkgmw)

[VaRYxGBP32mMt4/ics?icsToken=DPqjvYK59XzoFtpnbAAALAAAACtpZ1W5g3WJdlBgP9oxmT-](https://us02web.zoom.us/meeting/tZ0rcuqqrDopGdAoPBzqk-VaRYxGBP32mMt4/ics?icsToken=DPqjvYK59XzoFtpnbAAALAAAACtpZ1W5g3WJdlBgP9oxmT-9T1yfAljM8vNQd2gid7gUTTjBiqySvfSrNC5FGbuQFfQSarsdgGeJRMZygiAwMDAwMQ&meetingMasterEventId=lyFP2niEQWOT1gpBRkgmw)

[9T1yfAljM8vNQd2gid7gUTTjBiqySvfSrNC5FGbuQFfQSarsdgGeJRMZygiAwMDAwMQ&meetingMasterEventId=lyFP2niEQWOT1gpBRkgmw](https://us02web.zoom.us/meeting/tZ0rcuqqrDopGdAoPBzqk-VaRYxGBP32mMt4/ics?icsToken=DPqjvYK59XzoFtpnbAAALAAAACtpZ1W5g3WJdlBgP9oxmT-9T1yfAljM8vNQd2gid7gUTTjBiqySvfSrNC5FGbuQFfQSarsdgGeJRMZygiAwMDAwMQ&meetingMasterEventId=lyFP2niEQWOT1gpBRkgmw)

Join Zoom Meeting

<https://us02web.zoom.us/j/89653221334?pwd=C1E1lrl2GZRtxCwCshlY7ss3pX7Dee.1>

Meeting ID: 896 5322 1334

Passcode: 516576

One tap mobile

+13462487799,,89653221334#,,,,*516576# US (Houston)

+16694449171,,89653221334#,,,,*516576# US

Dial by your location

- +1 346 248 7799 US (Houston)
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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: 896 5322 1334

Passcode: 516576

Find your local number: <https://us02web.zoom.us/j/kdjgCuUS2>