



## FOUNDATIONS FEBRUARY 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: 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/meeting/tZwtcO2qrTsqH9bDhHTOLmzmdTnZiE3Pnfc/ics?icsToken=DNVf6tWLty8A2Pip2wAALAAAADZYT0Ltyoy9W47\\_k9WgklOqgRnr1lokGbg6Fgc4we5Sg9BYy8bCvfzaj45h0MbfLP-1UwmcHCetXZAS0jAwMDAwMQ&meetingMasterEventId=sXdqSntZSB-Jx7rkKSctyA](https://us02web.zoom.us/meeting/tZwtcO2qrTsqH9bDhHTOLmzmdTnZiE3Pnfc/ics?icsToken=DNVf6tWLty8A2Pip2wAALAAAADZYT0Ltyoy9W47_k9WgklOqgRnr1lokGbg6Fgc4we5Sg9BYy8bCvfzaj45h0MbfLP-1UwmcHCetXZAS0jAwMDAwMQ&meetingMasterEventId=sXdqSntZSB-Jx7rkKSctyA)

Join Zoom Meeting

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

Meeting ID: 880 7423 0052

Passcode: 801967

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One tap mobile

+12532050468,,88074230052#,,,,\*801967# US

+12532158782,,88074230052#,,,,\*801967# US (Tacoma)

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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
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +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: 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/meeting/tZAoc--rgz4rG9GpBJr\\_1lUS1H\\_ugieXDel/ics?icsToken=DKr8o8bntZpUoOfR2gAALAAAFOAX25eGjryZrTzPKO6MJwaGrfRwgmra0qhDMjRyXkF2f8ZNIJhU0e9PBdIlg5hyXaDpZx8Hyp4mH0FDAwMDAwMQ&meetingMasterEventId=BLwWuew3RXXK3buUrDuFT\\_A](https://us02web.zoom.us/meeting/tZAoc--rgz4rG9GpBJr_1lUS1H_ugieXDel/ics?icsToken=DKr8o8bntZpUoOfR2gAALAAAFOAX25eGjryZrTzPKO6MJwaGrfRwgmra0qhDMjRyXkF2f8ZNIJhU0e9PBdIlg5hyXaDpZx8Hyp4mH0FDAwMDAwMQ&meetingMasterEventId=BLwWuew3RXXK3buUrDuFT_A)

Join Zoom Meeting

<https://us02web.zoom.us/j/84546355115?pwd=IFGFdG9DwYCFBwcc0Nz42ZUFRWzJ3X.1>

Meeting ID: 845 4635 5115

Passcode: 723571

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One tap mobile

+12532158782,,84546355115#,,,,\*723571# US (Tacoma)

+13462487799,,84546355115#,,,,\*723571# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 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: 845 4635 5115

Passcode: 723571

Find your local number: <https://us02web.zoom.us/j/knipTNG74>