



# D1Y



FEBRUARY 2025

## 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: 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/meeting/tZUod-CqqikiHdQJX->

[VSWBXGkbMsGenpv3Qo/ics?icsToken=DKZGRkVeVyu1DyMTVgAALAAAAAh15Mofixc8FrsUu6nsnN9u-fjicVEoqFFNoRnoEo64K-SFI-cGd-tG0\\_cPdsFOWkpgFDzmnNCqKC2atzAwMDAwMQ&meetingMasterEventId=AjMqPHM4Qdi6jHLk3MEQNw](https://us02web.zoom.us/j/81509242970?pwd=SrbM6CbE7GJL9pRhCiiBsWHnHWBkHN.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/81509242970?pwd=SrbM6CbE7GJL9pRhCiiBsWHnHWBkHN.1>

Meeting ID: 815 0924 2970

Passcode: 498368

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One tap mobile

+16699009128,,81509242970#,,,,\*498368# US (San Jose)

+17193594580,,81509242970#,,,,\*498368# US

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Dial by your location

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• +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/u/kcIBLWYtbi>

**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/tZlkdOyorjsiHdfxtgafnkKn4SpV7dVl5yd/ics?icsToken=DJBsgfsJUxm5bBn6rAAALAAAAGWIE0\\_wstNp1-w4irLUsG2gQHz6YmIFXSKt3Sk9x1KSxQRLtA5KFVU5RrhoFwOV3DWEph2V9d\\_9FJcxkjAwMDAwMQ&meetingMasterEventId=uaQDjUoGQaS9HvVdiyBfmg](https://us02web.zoom.us/meeting/tZlkdOyorjsiHdfxtgafnkKn4SpV7dVl5yd/ics?icsToken=DJBsgfsJUxm5bBn6rAAALAAAAGWIE0_wstNp1-w4irLUsG2gQHz6YmIFXSKt3Sk9x1KSxQRLtA5KFVU5RrhoFwOV3DWEph2V9d_9FJcxkjAwMDAwMQ&meetingMasterEventId=uaQDjUoGQaS9HvVdiyBfmg)

Join Zoom Meeting

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

Meeting ID: 869 3500 0873

Passcode: 611614

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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
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