



DAY1YOGA MONTH ACCESS: APRIL 2025

Welcome to APRIL 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. 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: TODAY



APRIL MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting APRIL 2 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting APRIL 1 @ 7am & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting APRIL 1 @ 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting APRIL 2 @ 10am and 8pm US EST (12 classes)

MICRODOSE 15 DRILLS

Tuesdays and Thursdays starting APRIL 1 @ 9pm US EST (8 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting APRIL 1 @ 7:45AM US EST (8 meetings)

Topic: STRONGER 9AM US EST

Time: Apr 2, 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/84477834475?pwd=08WUj4okCW1ILlQqbQuYhFYr3C1gOK.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/84477834475?pwd=08WUj4okCW1ILlQqbQuYhFYr3C1gOK.1>

Meeting ID: 844 7783 4475

Passcode: 634662

One tap mobile

+17193594580,,84477834475#,,,,*634662# US

+12532050468,,84477834475#,,,,*634662# US

Dial by your location

• +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
- +1 669 900 9128 US (San Jose)
- +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: 844 7783 4475
Passcode: 634662

Find your local number: <https://us02web.zoom.us/j/kdelhL0G7Z>

Day Christensen is inviting you to a scheduled Zoom meeting.

Topic: STRONGER 7PM US EST

Time: Apr 2, 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/tZMLc--rrTMiHNG-9L6COeijSGyF5Ea-zhm1/ics?icsToken=DFMHVukqyEvDTFfpyQAALAAANilynrAT66Ra-SJktlCCSJkbYDvXwRoLACgGy24K3W_ulq6dewdLyaKVr9WgYj_xfAryWvTuZ1p3j2wTAwMDAwMQ&meetingMasterEventId=0vFYDE1sRKad-pOFEnz4tA

Join Zoom Meeting

<https://us02web.zoom.us/j/87846338865?pwd=oQipkeseBjVJa4Zpn58YKaKaU63La7.1>

Meeting ID: 878 4633 8865
Passcode: 358595

One tap mobile

+16694449171,,87846338865#,,,,*358595# US

+16699009128,,87846338865#,,,,*358595# US (San Jose)

Dial by your location

- +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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- +1 564 217 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)

Meeting ID: 878 4633 8865
Passcode: 358595

Find your local number: <https://us02web.zoom.us/j/kkyPca8Ni>

Topic: FOUNDATIONS 7AM US EST

Time: Apr 1, 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/tZUkdeGspzMsHNOPp5oxhdKVNEATF7-hsy49/ics?icsToken=DN0kok9_BnzGOhVz0wAALAAABgAw1jk7OYNKL7ix-SBYKf_CdcAjV1zgbAcyp0UKa3Laut8N5bfhwvSCW87_PXjiSV14_BXTfKfM7xtrzAwMDAwMQ&meetingMasterEventId=fbTK66H5Swa7i3uDIHWF6A](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZUkdeGspzMsHNOPp5oxhdKVNEATF7-hsy49/ics?icsToken=DN0kok9_BnzGOhVz0wAALAAABgAw1jk7OYNKL7ix-SBYKf_CdcAjV1zgbAcyp0UKa3Laut8N5bfhwvSCW87_PXjiSV14_BXTfKfM7xtrzAwMDAwMQ&meetingMasterEventId=fbTK66H5Swa7i3uDIHWF6A)

<https://us02web.zoom.us/j/81928498667?pwd=lefr2A20VC57asfkBxzkP9QOZxWfbc.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/81928498667?pwd=lefr2A20VC57asfkBxzkP9QOZxWfbc.1>

Meeting ID: 819 2849 8667

Passcode: 456816

One tap mobile

+12532158782,,81928498667#,,,,*456816# US (Tacoma)

+13462487799,,81928498667#,,,,*456816# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +1 719 359 4580 US
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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

Meeting ID: 819 2849 8667

Passcode: 456816

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

Topic: FOUNDATIONS 7PM US EST

Time: Apr 1, 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/tZwod-CqrTggE9wI6fGvwIWlOmFeGX69WjYd/ics?icsToken=DNpMp4qdgu4Yo8J6XgAALAAAPqNphV7eyzmwdPMRmTKOlz1uDwOyly1mqnVQ1Bx1Jyla6LN7V0dNxiXmVmGv5ypBxG7txVcdYU_UrdjAwMDAwMQ&meetingMasterEventId=dKfSJ7mETK65bsTf-ZnsCw](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZwod-CqrTggE9wI6fGvwIWlOmFeGX69WjYd/ics?icsToken=DNpMp4qdgu4Yo8J6XgAALAAAPqNphV7eyzmwdPMRmTKOlz1uDwOyly1mqnVQ1Bx1Jyla6LN7V0dNxiXmVmGv5ypBxG7txVcdYU_UrdjAwMDAwMQ&meetingMasterEventId=dKfSJ7mETK65bsTf-ZnsCw)

<https://us02web.zoom.us/j/88509233098?pwd=e89KpvpfDmOQ7b5wigElqtYudhVJkz.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88509233098?pwd=e89KpvpfDmOQ7b5wigElqtYudhVJkz.1>

Meeting ID: 885 0923 3098

Passcode: 162790

One tap mobile

+13462487799,,88509233098#,,,,*162790# US (Houston)

+16694449171,,88509233098#,,,,*162790# US

Dial by your location

- +1 346 248 7799 US (Houston)
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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

Meeting ID: 885 0923 3098

Passcode: 162790

Find your local number: <https://us02web.zoom.us/j/84586230408>

Topic: FAST TRACK 8PM US EST

Time: Apr 1, 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/tZAof--qrTsuGty6lV6pxMkQ-](https://us02web.zoom.us/meeting/tZAof--qrTsuGty6lV6pxMkQ-HVq_I5IMDjJ/ics?icsToken=DDbU_qf1Rqc1Sq9dOAAALAAAAIOLQ29oa2pAaYzTJ86ig0a2urn_bENi6jPaYY9dQPyB10HE-qcOvtA4Q-iAYd6jtPOL8V7Ahh72WN_WnDAwMDAwMQ&meetingMasterEventId=5DsaWwD3SLKEcAoFX2Qpcg)

[HVq_I5IMDjJ/ics?icsToken=DDbU_qf1Rqc1Sq9dOAAALAAAAIOLQ29oa2pAaYzTJ86ig0a2urn_bENi6jPaYY9dQPyB10HE-qcOvtA4Q-iAYd6jtPOL8V7Ahh72WN_WnDAwMDAwMQ&meetingMasterEventId=5DsaWwD3SLKEcAoFX2Qpcg](https://us02web.zoom.us/meeting/tZAof--qrTsuGty6lV6pxMkQ-HVq_I5IMDjJ/ics?icsToken=DDbU_qf1Rqc1Sq9dOAAALAAAAIOLQ29oa2pAaYzTJ86ig0a2urn_bENi6jPaYY9dQPyB10HE-qcOvtA4Q-iAYd6jtPOL8V7Ahh72WN_WnDAwMDAwMQ&meetingMasterEventId=5DsaWwD3SLKEcAoFX2Qpcg)

Join Zoom Meeting

<https://us02web.zoom.us/j/84586230408?pwd=UL7BpAGw3sZhOk4nOae6G9F6klFkbn.1>

Meeting ID: 845 8623 0408

Passcode: 369185

One tap mobile

+12532050468,,84586230408#,,,,*369185# US

+12532158782,,84586230408#,,,,*369185# 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
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- +1 646 931 3860 US
- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US

Meeting ID: 845 8623 0408
Passcode: 369185

Find your local number: <https://us02web.zoom.us/j/k1LLjrumT>

Topic: SKILLS 10AM US EST

Time: Apr 2, 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/join/tZclF-2pqTsvE9EBo1D69OHW_5nlwAeJ8TSw/ics?icsToken=DJkecdzS5Sa6241CQAALAAAKn_i4sf91-59hQ7v3u4DxCg_J9jC-Upbldz7nYoHIYV-7nxFA0TsRw4rhqXZl_HDdZwsut6GVOBuN-4tjAwMDAwMQ&meetingMasterEventId=19NNboQxKiyw_b0ePjfa

Join Zoom Meeting

<https://us02web.zoom.us/j/83884170595?pwd=X75yw72LDQEM2fiRpa7jaX5dqursav.1>

Meeting ID: 838 8417 0595
Passcode: 381651

One tap mobile

+17193594580,,83884170595#,,,,*381651# US
+12532050468,,83884170595#,,,,*381651# US

Dial by your location

- +1 719 359 4580 US
- +1 253 205 0468 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
- +1 386 347 5053 US

Meeting ID: 838 8417 0595
Passcode: 381651

Find your local number: <https://us02web.zoom.us/j/kbNji8ifMI>

Topic: SKILLS 8PM US EST

Time: Apr 2, 2025 20:00 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/tZUpCQqrgiH90fjEF4Y1OLl_aKDFMlajep/ics?icsToken=DEFzmdmFbp6B1gek1AAAAAGwDQ8mRvqCPY604I6a6IPoDmn4mH7KWrl1dJApE1zrqzxHWJrk8rOr5868ZCUqWysYEEoRXy2WXfbf2tTjAwMDAwMQ&meetingMasterEventId=pYZR2CijSnahAZ_hvYBKzQ

Join Zoom Meeting

<https://us02web.zoom.us/j/81473203859?pwd=O1Aga21P1ItzlhRgDZl1OMKfEYU5vI.1>

Meeting ID: 814 7320 3859

Passcode: 395568

One tap mobile

+12532158782,,81473203859#,,,,*395568# US (Tacoma)

+13462487799,,81473203859#,,,,*395568# 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

- +1 253 205 0468 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

- +1 386 347 5053 US

- +1 507 473 4847 US

- +1 564 217 2000 US

Meeting ID: 814 7320 3859

Passcode: 395568

Find your local number: <https://us02web.zoom.us/u/kdBiNzilbp>

Topic: MICRODOSE 15 DRILLS

Time: Apr 1, 2025 21:00 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/tZwrf-](https://us02web.zoom.us/meeting/tZwrf-2rqDqvH9RKtFYeLFJWGKcxEskO4yB5/ics?icsToken=DJTLuPd22rxz0qg0xQAALAAAADodz2rReH7Jh8YuD0HtVvo4UStWTuTeJcS0PM4Lui0o_d6cJSZzIbPNhsqNGPk8Wn5MxArdMilh5svaPTAwMDAwMQ&meetingMasterEventId=5JDtG1vaS1q_qmYPFhYkPA)

[2rqDqvH9RKtFYeLFJWGKcxEskO4yB5/ics?icsToken=DJTLuPd22rxz0qg0xQAALAAAADodz2rReH7Jh8YuD0HtVvo4UStWTuTeJcS0PM4Lui0o_d6cJSZzIbPNhsqNGPk8Wn5MxArdMilh5svaPTAwMDAwMQ&meetingMasterEventId=5JDtG1vaS1q_qmYPFhYkPA](https://us02web.zoom.us/meeting/tZwrf-2rqDqvH9RKtFYeLFJWGKcxEskO4yB5/ics?icsToken=DJTLuPd22rxz0qg0xQAALAAAADodz2rReH7Jh8YuD0HtVvo4UStWTuTeJcS0PM4Lui0o_d6cJSZzIbPNhsqNGPk8Wn5MxArdMilh5svaPTAwMDAwMQ&meetingMasterEventId=5JDtG1vaS1q_qmYPFhYkPA)

Join Zoom Meeting

<https://us02web.zoom.us/j/88684363550?pwd=fqgubxXAeLfRs2W01bvSiMZOy2CP1Z.1>

Meeting ID: 886 8436 3550

Passcode: 410481

One tap mobile

+16699009128,,88684363550#,,,,*410481# US (San Jose)

+17193594580,,88684363550#,,,,*410481# US

Dial by your location

- +1 669 900 9128 US (San Jose)
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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: 886 8436 3550

Passcode: 410481

Find your local number: <https://us02web.zoom.us/j/88396059538?pwd=ttTxXajtaN4L3ltBY6KFEaH3Frqsa.1>

Topic: MICRODOSE 15 SKILLS

Time: Apr 1, 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/tZwufu-oqzlvGdwbrQNjb6qDVky1lILBc9eH/ics?icsToken=DFNLN-qoJ7fpi2VV-QAALAAAAJtIsIcZDPmY2yB3Wq9Bl3zxZn_RJuZxs2PWs5Rm_671_uhhRay19Od1qRkw55UckipFG88FgQmfDsuTjAwMDAwMQ&meetingMasterEventId=r2mqJo7bSQO3BbFYjcELQ

Join Zoom Meeting

<https://us02web.zoom.us/j/88396059538?pwd=ttTxXajtaN4L3ltBY6KFEaH3Frqsa.1>

Meeting ID: 883 9605 9538

Passcode: 568317

One tap mobile

+13462487799,,88396059538#,,,,*568317# US (Houston)

+16694449171,,88396059538#,,,,*568317# US

Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US

Meeting ID: 883 9605 9538

Passcode: 568317

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