



FOUNDATIONS APRIL 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 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: 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/j/81928498667?pwd=Iefr2A20VC57asfkBxzkP9QOZxWf6A1>
<https://us02web.zoom.us/j/81928498667?pwd=Iefr2A20VC57asfkBxzkP9QOZxWf6A1>
<https://us02web.zoom.us/j/81928498667?pwd=Iefr2A20VC57asfkBxzkP9QOZxWf6A1>

Join Zoom Meeting

<https://us02web.zoom.us/j/81928498667?pwd=Iefr2A20VC57asfkBxzkP9QOZxWf6A1>

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)
- +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
- +1 564 217 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
- +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-](https://us02web.zoom.us/meeting/tZwod-CqrTgqE9wl6fGvwIWlOmFeGX69WjYd/ics?icsToken=DNpMp4qdgU4Yo8J6XgAALAAAPgNphV7eyzmwdPMRmTKOlz1uDwOyly1mqnVQ1Bx1Jyla6LN7V0dNxiXMVmGv5ypBxG7txVcdrYu_UrdjAwMDAwMQ&meetingMasterEventId=dKfSJ7mETK65bsTf-ZnsCw)

[CqrTgqE9wl6fGvwIWlOmFeGX69WjYd/ics?icsToken=DNpMp4qdgU4Yo8J6XgAALAAAPgNphV7eyzmwdPMRmTKOlz1uDwOyly1mqnVQ1Bx1Jyla6LN7V0dNxiXMVmGv5ypBxG7txVcdrYu_UrdjAwMDAwMQ&meetingMasterEventId=dKfSJ7mETK65bsTf-ZnsCw](https://us02web.zoom.us/meeting/tZwod-CqrTgqE9wl6fGvwIWlOmFeGX69WjYd/ics?icsToken=DNpMp4qdgU4Yo8J6XgAALAAAPgNphV7eyzmwdPMRmTKOlz1uDwOyly1mqnVQ1Bx1Jyla6LN7V0dNxiXMVmGv5ypBxG7txVcdrYu_UrdjAwMDAwMQ&meetingMasterEventId=dKfSJ7mETK65bsTf-ZnsCw)

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)
- +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)
- +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
- +1 689 278 1000 US

Meeting ID: 885 0923 3098
Passcode: 162790

Find your local number: <https://us02web.zoom.us/j/kgE8Sp4n>