



FOUNDATIONS MARCH 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: Mar 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/join/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNr3iHoW.1>
<https://us02web.zoom.us/join/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNr3iHoW.1>
<https://us02web.zoom.us/join/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNr3iHoW.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNr3iHoW.1>

Meeting ID: 884 7990 2075

Passcode: 857911

One tap mobile

+12532158782,,88479902075#,,,,*857911# US (Tacoma)

+13462487799,,88479902075#,,,,*857911# 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: 884 7990 2075

Passcode: 857911

Find your local number: <https://us02web.zoom.us/j/kdQaa5h739>

Topic: FOUNDATIONS 7PM US EST

Time: Mar 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/tZ0kdOGgqjwrGdShrgnMHbqKohb2TC0653JK/ics?icsToken=DDUxoN0O6r8oleHmAQAALAAAG9e_KMZn0sUe7txgV9Mh2LNIeunbXWr2RyxZ7zmlYqQN_HCrGm48uu4MVCrKzSuBA0kNois6NxYGR3-izAwMDAwMQ&meetingMasterEventId=fwyrqgvHSL65cPkkuyyHKQ

Join Zoom Meeting

<https://us02web.zoom.us/j/89938847130?pwd=E1MA71AOmLQ0XqKACj3oHOxQU8YX2y.1>

Meeting ID: 899 3884 7130

Passcode: 149575

One tap mobile

+12532050468,,89938847130#,,,,*149575# US

+12532158782,,89938847130#,,,,*149575# 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)
- +1 719 359 4580 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
- +1 689 278 1000 US

Meeting ID: 899 3884 7130

Passcode: 149575

Find your local number: <https://us02web.zoom.us/j/kbYsS7X7sx>