



DAY1YOGA MONTH ACCESS: MARCH 2025

Welcome to MARCH 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: LUCKYME



MARCH MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting MAR 3 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting MAR 4 @ 7am & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting MAR 4 @ 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting MAR 3 @ 10am and 8pm US EST (12 classes)

MICRODOSE 15 DRILLS

Tuesdays and Thursdays starting MAR 4 @ 9pm US EST (8 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting MAR 4 @ 7:45AM US EST (8 meetings)

Topic: STRONGER 9AM US EST

Time: Mar 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/join/88584689955?pwd=GodXVKxHfT8l2bV4vn3bybDaGKavoe.1>

<https://us02web.zoom.us/join/88584689955?pwd=GodXVKxHfT8l2bV4vn3bybDaGKavoe.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88584689955?pwd=GodXVKxHfT8l2bV4vn3bybDaGKavoe.1>

Meeting ID: 885 8468 9955

Passcode: 297339

One tap mobile

+16694449171,,88584689955#,,,,*297339# US

+16699009128,,88584689955#,,,,*297339# 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)
- +1 346 248 7799 US (Houston)
- +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: 885 8468 9955
Passcode: 297339

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

Topic: STRONGER 7PM US EST

Time: Mar 3, 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/tz0lf-](https://us02web.zoom.us/meeting/tz0lf-gpqD0qHNNHDy40EYiRjv19DsMnbTX8a/ics?icsToken=DJSAYmf8hXhLvvVknQAALAAAPmOCjm6o14U2e2Z1zY8aVffbBUNk8BBQYFIPOOfIxMHTMiOpc58RLhsGfzbvQclsapgoucACAKF-DA4xDawMDAwMQ&meetingMasterEventId=kFcqUUIYRzaZzXISaEXFlg)

[gpqD0qHNNHDy40EYiRjv19DsMnbTX8a/ics?icsToken=DJSAYmf8hXhLvvVknQAALAAAPmOCjm6o14U2e2Z1zY8aVffbBUNk8BBQYFIPOOfIxMHTMiOpc58RLhsGfzbvQclsapgoucACAKF-DA4xDawMDAwMQ&meetingMasterEventId=kFcqUUIYRzaZzXISaEXFlg](https://us02web.zoom.us/meeting/tz0lf-gpqD0qHNNHDy40EYiRjv19DsMnbTX8a/ics?icsToken=DJSAYmf8hXhLvvVknQAALAAAPmOCjm6o14U2e2Z1zY8aVffbBUNk8BBQYFIPOOfIxMHTMiOpc58RLhsGfzbvQclsapgoucACAKF-DA4xDawMDAwMQ&meetingMasterEventId=kFcqUUIYRzaZzXISaEXFlg)

Join Zoom Meeting

<https://us02web.zoom.us/j/89883166065?pwd=IGBaPphSI1EHjkRnUmibjVzrBfKO8T.1>

Meeting ID: 898 8316 6065
Passcode: 043576

One tap mobile

+16694449171,,89883166065#,,,,*043576# US

+16699009128,,89883166065#,,,,*043576# 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)
- +1 346 248 7799 US (Houston)
- +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: 898 8316 6065
Passcode: 043576

Find your local number: <https://us02web.zoom.us/j/kxK22oiVY>

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=hnVDHi9DbRotVLEniRDwuQNrq3iHoW.1>
<https://us02web.zoom.us/join/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNrq3iHoW.1>
<https://us02web.zoom.us/join/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNrq3iHoW.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88479902075?pwd=hnVDHi9DbRotVLEniRDwuQNrq3iHoW.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/u/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/join/89938847130?pwd=E1MA71AOmLQ0XqKACj3oHOxQU8YX2y.1>
<https://us02web.zoom.us/join/89938847130?pwd=E1MA71AOmLQ0XqKACj3oHOxQU8YX2y.1>
<https://us02web.zoom.us/join/89938847130?pwd=E1MA71AOmLQ0XqKACj3oHOxQU8YX2y.1>

Join Zoom Meeting

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

Meeting ID: 899 3884 7130

Passcode: 149575

One tap mobile

- +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

Find your local number: <https://us02web.zoom.us/j/84401112000>

[illegible]

<https://us02web.zoom.us/j/83779907235?pwd=PMlkx4GNvVWLqay0NjHraf9HgaBbz.1>

— — —

- +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)
- +1 346 248 7799 US (Houston)
- +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: 837 7990 7235
Passcode: 417189

Find your local number: <https://us02web.zoom.us/j/83779907235>

Topic: SKILLS 10AM US EST

Time: Mar 3, 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/83779907235>

https://us02web.zoom.us/join/83779907235?pwd=ZGc2pg4fsx7vTHBgsWAAIAAAIYs43vo9JBUGOuHbvJR9ggIT5HbWs0GIQ2dYWm_wyIicbHghkyfWZ28JiUPRMrADyVxNI6fOvr3HHTAwMDAwMQ&meetingMasterEventId=1j0J43CT5ygVgok6oN2yA

Join Zoom Meeting

<https://us02web.zoom.us/j/81841846081?pwd=bAN82FgtjwiGWwnv7uN9Fx93tZkdN.1>

Meeting ID: 818 4184 6081
Passcode: 595832

One tap mobile

+17193594580,,81841846081#,,,,*595832# US

+12532050468,,81841846081#,,,,*595832# 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)
- +1 386 347 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: 818 4184 6081
Passcode: 595832

Find your local number: <https://us02web.zoom.us/j/81841846081>

Topic: SKILLS 8PM US EST

Time: Mar 3, 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/82944666546>

https://us02web.zoom.us/join/82944666546?pwd=S5PbQIDuIXtnh3kvC2P98aoTcR3i6v.12uqD0vHtKBVJzESUs_qXFJjEgbgU7f/ics?icsToken=DMlwV92PWEq2pJB4iAAALAAAM7EuR8y2xvChhIEG9xpjr0n91w2bLm-tZLVxVoGdWAeDL5JLHCvUCgrUclgtrf4hNUewlKsr5rDajRGtDAwMDAwMQ&meetingMasterEventId=yPiBI-T3SI2r_O2YOXjkKA

Join Zoom Meeting

<https://us02web.zoom.us/j/82944666546?pwd=S5PbQIDuIXtnh3kvC2P98aoTcR3i6v.1>

Meeting ID: 829 4466 6546
Passcode: 591939

One tap mobile
+12532050468,,82944666546#,,,,*591939# US
+12532158782,,82944666546#,,,,*591939# 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
- +1 507 473 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
- +1 386 347 5053 US

Meeting ID: 829 4466 6546
Passcode: 591939

Find your local number: <https://us02web.zoom.us/j/86527100813?pwd=oY3EALBla4sd7yf8gQtZ3w422WR3Ap.1>

Topic: MICRODOSE 15 DRILLS

Time: Mar 4, 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/tZlode6prisiG9dOE2wSqqfhntfUH1PH1MDz/ics?icsToken=DCX-0yMoeNfZL-GegqAALAAAPI34QOtAwG9Zg8ZUzL_HHUpFv24iULmgqNWmU-OwdnjxPujF0ievelm6zEWOBPQLit0Xdx8U9uokwzOoTAwMDAwMQ&meetingMasterEventId=F-3N4wp3TgS8PRTmN4nNOA

Join Zoom Meeting
<https://us02web.zoom.us/j/86527100813?pwd=oY3EALBla4sd7yf8gQtZ3w422WR3Ap.1>

Meeting ID: 865 2710 0813
Passcode: 119284

One tap mobile
+12532158782,,86527100813#,,,,*119284# US (Tacoma)
+13462487799,,86527100813#,,,,*119284# 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
- +1 305 224 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
- +1 301 715 8592 US (Washington DC)

Meeting ID: 865 2710 0813

Passcode: 119284

Find your local number: <https://us02web.zoom.us/j/86527100813>

Topic: MICRODOSE 15 SKILLS

Time: Mar 4, 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/tZwoceyqrDluE9UaXX_IAQHJS4fyF2r_bEuA/ics?icsToken=DIE_7yM-6CIM2_OvlgAALAAAAMbrq4JHVt4IUxnoQXOWGNyxK4_t7h3_vknXsijvWsrSLA1aytUTKkHvkpu5PSw-A_FYvb0auIV37T19qTAwMDAwMQ&meetingMasterEventId=YdcKOenDTFm7FhFe8Gtpyg

Join Zoom Meeting

<https://us02web.zoom.us/j/88565229491?pwd=ZxfeZ4VnBPWyl8hP0QPFDQ6Hep54nP.1>

Meeting ID: 885 6522 9491

Passcode: 569366

One tap mobile

+12532158782,,88565229491#,,,,*569366# US (Tacoma)

+13462487799,,88565229491#,,,,*569366# 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
- +1 646 931 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: 885 6522 9491

Passcode: 569366

Find your local number: <https://us02web.zoom.us/j/kfrhiPV2B>