



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 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. 😊

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