



FOUNDATIONS MAY 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: May 1, 2025 07:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Weekly: <https://us02web.zoom.us/join/85719300396?pwd=iCHVdsxkxvEb463UtALqTol6sn2vH.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/85719300396?pwd=iCHVdsxkxvEb463UtALqTol6sn2vH.1>

Meeting ID: 857 1930 0396

Passcode: 372575

One tap mobile

+12532050468,,85719300396#,,,,*372575# US

+12532158782,,85719300396#,,,,*372575# 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
- +1 564 217 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: 857 1930 0396
Passcode: 372575

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

Topic: FOUNDATIONS 7PM US EST
Time: May 1, 2025 19:00 Eastern Time (US and Canada)
Every week on Tue, Thu, 8 occurrence(s)

Weekly:

<https://us02web.zoom.us/j/88225695990?pwd=xonbVFZSbg3BfUOIoQQviliQLXHXJ7.1>

Join Zoom Meeting
<https://us02web.zoom.us/j/88225695990?pwd=xonbVFZSbg3BfUOIoQQviliQLXHXJ7.1>

Meeting ID: 882 2569 5990
Passcode: 761115

One tap mobile
+12532050468,,88225695990#,,,,*761115# US
+12532158782,,88225695990#,,,,*761115# 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
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- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 882 2569 5990
Passcode: 761115

Find your local number: <https://us02web.zoom.us/j/kcVAB9ZLk9>