



DAY1YOGA MONTH ACCESS: MAY 2025

Welcome to MA 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: DREAMBIG



MAY MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting MAY 2 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting MAY 1 @ 7am & 7pm US EST (8 meetings)

FAST TRACK SKILLS

Tuesdays and Thursdays starting MAY 1 @ 8pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting MAY 2 @ 10am and 8pm US EST (12 classes)

MICRODOSE 15 DRILLS

Tuesdays and Thursdays starting MAY 1 @ 9pm US EST (8 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting MAY 1 @ 7:45AM US EST (8 meetings)

Topic: STRONGER TOGETHER 9AM US EST

Time: May 2, 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/88398489602?pwd=Gkma2dam1c9h1U2kUl6yQotz1nZpTF.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88398489602?pwd=Gkma2dam1c9h1U2kUl6yQotz1nZpTF.1>

Meeting ID: 883 9848 9602

Passcode: 507405

One tap mobile

+16699009128,,88398489602#,,,,*507405# US (San Jose)

+17193594580,,88398489602#,,,,*507405# US

Dial by your location

• +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)
- +1 669 444 9171 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: 883 9848 9602
Passcode: 507405

Find your local number: <https://us02web.zoom.us/j/kcMeR8hQwJ>

Topic: STRONGER TOGETHER 7PM US EST

Time: May 2, 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/tZwrc->

[uppi0vEtR9t2oh05F5lpbMgZQddppe/ics?icsToken=DDvYj1jC4eQYnwF3EgAALAAAAFPwmFgZyVvzzjXb4nITxSobFh5q8cw9kZWCTbsmd_6NnOPtxZO03T_ts9RDOMklrBmv1mmus_8t0HJo4TAwMDAwMQ&meetingMasterEventId=3zdOPVvJTJSekhDZg1e0g](https://us02web.zoom.us/j/88642186580?pwd=TkcvaYGMScyX2f4Hyjh4sHeqGhWJpA.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/88642186580?pwd=TkcvaYGMScyX2f4Hyjh4sHeqGhWJpA.1>

Meeting ID: 886 4218 6580
Passcode: 560984

One tap mobile

+16699009128,,88642186580#,,,,*560984# US (San Jose)

+17193594580,,88642186580#,,,,*560984# US

Dial by your location

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- +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: 886 4218 6580
Passcode: 560984

Find your local number: <https://us02web.zoom.us/j/kebP8zhmzk>

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/meeting/tzEqduCrrispE9KWGEwlzTRqgsznj-MW-m-a/ics?icsToken=DDq_LEUWwpR2dS7b3QAALAAAAG1CUGXvto3XnMgmcc4uWcUEk-rqtDZJO6tO4_ocBoZNedeg7tsFSJWRh1Pil6cw_JNgV341ltQKExuVHjAwMDAwMQ&meetingMasterEventId=o7dbYy4_S16G2wFYkckwg](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tzEqduCrrispE9KWGEwlzTRqgsznj-MW-m-a/ics?icsToken=DDq_LEUWwpR2dS7b3QAALAAAAG1CUGXvto3XnMgmcc4uWcUEk-rqtDZJO6tO4_ocBoZNedeg7tsFSJWRh1Pil6cw_JNgV341ltQKExuVHjAwMDAwMQ&meetingMasterEventId=o7dbYy4_S16G2wFYkckwg)

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
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- +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/kdjJMFwQld>

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/join/https://us02web.zoom.us/meeting/tZwvdeyupz4jE9Q5agcgfHbhgbsoSln_sUDt/ics?icsToken=DPvkeNSlqMTTYqc1kwAALAAAM3RX4KYQjWVZQuNnpjL-ksFbs2-UKOwGKwNshWdLh8smBfyjSdmArGFBNYTkbts5wsZShS_OX8ibJphTAWMDAwMQ&meetingMasterEventId=JH8dxW9lRpmwE1QaPXifjA

Join Zoom Meeting

<https://us02web.zoom.us/j/88225695990?pwd=xonbVFZSbg3BfUOlOQQviliQLXHXI7.1>

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
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- +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: 882 2569 5990
Passcode: 761115

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

Topic: FAST TRACK SKILLS

Time: May 1, 2025 20:00 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/tZlscO6qrTkrHtZoZYAu4IJwEWUu5-4LoLcT/ics?icsToken=DGEvQBKkVZXEDtOFmwAALAAAK8bf_1Hbi59_OF1c8_o0QWLQ13URZUmy5q7QKaxuL5kWOQUTrwROHl_8XP4RRX5_NA26IV7dkvjTSJ_JzAwMDAwMQ&meetingMasterEventId=z7KnT3poS4CCbshALaha_A

Join Zoom Meeting

<https://us02web.zoom.us/j/86177232142?pwd=0J1B29xc5cDbTjoOVhSbwwHdFbSIts.1>

Meeting ID: 861 7723 2142
Passcode: 220146

One tap mobile

+13462487799,,86177232142#,,,,*220146# US (Houston)
+16694449171,,86177232142#,,,,*220146# 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
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- +1 507 473 4847 US
- +1 564 217 2000 US

- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 861 7723 2142
Passcode: 220146

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

Topic: SKILLS 10AM US EST

Time: May 2, 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/j/84266850673?pwd=gJdnci5uffbGnXdyAEHTQyYacp8wBDS.1>
[gqzssHdfi35Whf6hZcYoWSlox4hsX/ics?icsToken=DHKB97LbrmGRSX9azwAALAAAK5B7B3GiVAfXnUN8gNaudz4AC6pc3ebcNOnTyvGpQAFBfrfZIRQOTIHm8Y](https://us02web.zoom.us/j/84266850673?pwd=gJdnci5uffbGnXdyAEHTQyYacp8wBDS.1)
[ZARrrhM8uwTw9gFbUGN7rGTAwMDAwMQ&meetingMasterEventId=IHEBp-ZtRZ-XvQWJcKffCg](https://us02web.zoom.us/j/84266850673?pwd=gJdnci5uffbGnXdyAEHTQyYacp8wBDS.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/84266850673?pwd=gJdnci5uffbGnXdyAEHTQyYacp8wBDS.1>

Meeting ID: 842 6685 0673
Passcode: 143827

One tap mobile

+17193594580,,84266850673#,,,,*143827# US

+12532050468,,84266850673#,,,,*143827# US

Dial by your location

- +1 719 359 4580 US
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- +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: 842 6685 0673
Passcode: 143827

Find your local number: <https://us02web.zoom.us/j/kbLXe4l4v>

Topic: SKILLS 8PM US EST

Time: May 2, 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/j/86505584045?pwd=VDpgQzwYn5RRlel1DCEQdgMc3EEYbT.1>
[JhDpkat6AQZBjSh_eDRyQYciCjBy24HyAGO-Pn8s7wRntcl1eTOeeB60Zx1zxCTHYjAwMDAwMQ&meetingMasterEventId=6zPh9WYlQl6CjgJBgd05iw](https://us02web.zoom.us/j/86505584045?pwd=VDpgQzwYn5RRlel1DCEQdgMc3EEYbT.1)

Join Zoom Meeting

<https://us02web.zoom.us/j/86505584045?pwd=VDpgQzwYn5RRlel1DCEQdgMc3EEYbT.1>

Meeting ID: 865 0558 4045
Passcode: 656710

One tap mobile

+12532158782,,86505584045#,,,,*656710# US (Tacoma)
+13462487799,,86505584045#,,,,*656710# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +1 386 347 5053 US
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- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 865 0558 4045

Passcode: 656710

Find your local number: <https://us02web.zoom.us/j/keDhkXQa1a>

Topic: MICRODOSE DRILLS

Time: May 1, 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/tZApcOiprTkqHNFsPmQthLcs-](https://us02web.zoom.us/meeting/tZApcOiprTkqHNFsPmQthLcs-oKYiAyD9i3E/ics?icsToken=DIYHUslw0dtB2kuIRgAALAAANbgRJHXil6yeMf4_-EGl2D7l5STnjCIS8EIT7xpR5TaXWTnJEZGwmYSJiuRby_7F-89i3KgiDi6VudzLDawMDAwMQ&meetingMasterEventId=GbmVQuTWR1W-Hif9AlqwRQ)

[oKYiAyD9i3E/ics?icsToken=DIYHUslw0dtB2kuIRgAALAAANbgRJHXil6yeMf4_-EGl2D7l5STnjCIS8EIT7xpR5TaXWTnJEZGwmYSJiuRby_7F-89i3KgiDi6VudzLDawMDAwMQ&meetingMasterEventId=GbmVQuTWR1W-Hif9AlqwRQ](https://us02web.zoom.us/meeting/tZApcOiprTkqHNFsPmQthLcs-oKYiAyD9i3E/ics?icsToken=DIYHUslw0dtB2kuIRgAALAAANbgRJHXil6yeMf4_-EGl2D7l5STnjCIS8EIT7xpR5TaXWTnJEZGwmYSJiuRby_7F-89i3KgiDi6VudzLDawMDAwMQ&meetingMasterEventId=GbmVQuTWR1W-Hif9AlqwRQ)

Join Zoom Meeting

<https://us02web.zoom.us/j/84471132065?pwd=15DEkRCLYZ0l5oEPfnBc1t4FWffPwh.1>

Meeting ID: 844 7113 2065

Passcode: 675413

One tap mobile

+12532158782,,84471132065#,,,,*675413# US (Tacoma)
+13462487799,,84471132065#,,,,*675413# 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
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- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 844 7113 2065

Passcode: 675413

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

Topic: MICRODOSE SKILLS 730AM US EST

Time: May 1, 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/tZYvcuGqgz8sGNWlQyqQRHgZ-WSBKsX7r_hf/ics?icsToken=DAPaEWxHAN0AWnU4WwAALAAAG1T8DD109_GIE07cQQ099h9qb68Beh3xUhHU7vKlJJOeUGInWasEdeXsxE41cy3cB4lP4Klki30lFYn-VDawMDawMQ&meetingMasterEventId=1mYg_XygSsCxCYD-cDiK0A

<https://us02web.zoom.us/j/82258254621?pwd=tJAv7bMarH740KCffrxv4wQ1fUEpUZ.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/82258254621?pwd=tJAv7bMarH740KCffrxv4wQ1fUEpUZ.1>

Meeting ID: 822 5825 4621

Passcode: 034593

One tap mobile

+16694449171,,82258254621#,,,,*034593# US

+16699009128,,82258254621#,,,,*034593# US (San Jose)

Dial by your location

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Meeting ID: 822 5825 4621
Passcode: 034593

Find your local number: <https://us02web.zoom.us/j/kk14kYqnM>