



DAY1YOGA: ALL LEVEL DRILLS

Hello and thank you for registering!

This Community Class class will be a mixed level practice style. You should have an element of familiarity and relative comfort kicking up to handstand (against the wall is fine), some other inversions, and simple arm balances.

The exercises will vary in terms of difficulty, pace, and skill level; options and alternatives can and will be given. Before we begin class, I will show each exercise and give a short explanation of the workout. The TOTAL time for each workout will NOT exceed 30min. I want you to be stronger, not weak from exhaustion, (but you will get tired). Also, a good idea is to have a sticky mat, a floor to practice on (rather than carpet, if you can help it), a towel, and a set of yoga blocks (if you don't have yoga blocks, try dumbbells or books), and a free wall space!

Again, thank you for registering! I look forward to working with you! If you have any questions or any ideas you'd like to share, please feel free to reach out to me via email or Instagram!

Stay healthy & strong,

Day

Topic: COMMUNITY CLASS

Time: Nov 8, 2025 18:00 Eastern Time (US and Canada)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly:

<https://us02web.zoom.us/meeting/tZYkduCtrj8vHdX50ZLzXQv7ya1SdsuVMuYY/ics?icsToken=DL9ddOmdQbmudaqITgAALAAALIC9KkMmXAXqGTfFejfeRip2KlrvTVOkLdfuQuSHIIZGHOyE4IzH9csasQDCbY2VAo4ZOsTon4orhQb2dzAwMDAwMQ&meetingMasterEventId=UoB8QF ISMeCuUwW7rT1g>

Join Zoom Meeting

<https://us02web.zoom.us/j/82919504571?pwd=aOTbaz4E9jznCFnqO16BBwQOhplfAn.1>

Meeting ID: 829 1950 4571

Passcode: 345000

One tap mobile

+16694449171,,82919504571#,,,,*345000# US

+16699009128,,82919504571#,,,,*345000# US (San Jose)

Join instructions

<https://us02web.zoom.us/join/82919504571/invitations?signature=bUy7JqZ4dOBGdHS3IY18fAndms0eo1uExj8gAlSy04Y>