DAY1YOGA MONTH ACCESS: NOVEMBER 2025

Welcome to November 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! **PLEASE NOTE THE SCHEDULE CHANGES DUE TO DAYLIGHT SAVINGS!**

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

https://vimeo.com/showcase/11935129?share=copy&fl=sm&fe=fs

Password:

UNSTOPPABLE

D1Y

NOVEMBER MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, and Fridays starting NOV 3 @ 9am & 6pm US EST (12 meetings)

FOUNDATIONS

Tuesdays and Thursdays starting NOV 4 @ 7am & 6pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting NOV 3 @ 10am and 7pm US EST (12 meetings)

MICRODOSE 15 SKILLS

Tuesdays and Thursdays starting NOV 4 @ 7:45am and 6:45pm (please note start time versus zoom code set at 7:30am and 6:30 respectively) US EST (8 meetings)

MICRODOSE 15 DRILLS

Saturdays starting NOV 8 @ 7pm US EST (3 meetings)

COMMUNITY CLASS

Saturdays starting NOV 8 @ 6PM EST (3 meetings)

Topic: STRONGER 9AM US EST
Time: Nov 3, 2025 09:00 Eastern Time (US and Canada)
Every week on Mon, Wed, 12 occurrence(s)
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly:
https://us02web.zoom.us/meeting/tZEqceqorj0iH9UpR2AQiQLnLwYZCUujSLb3/ics?icsToken=DClsJod0NJa_AMy_BgAALAAAAJXwYo3HVvhPXsIW-N6eytZIyc4giV8QFezaLONGHxRvz2A384FOIgzaqcbvyRz6t5WvNdISPuiHXAcHCjAwMDAwMQ&meetingMasterEventId=uIM8vOcZRRWvXkECoEjDOg

Join Zoom Meeting
https://us02web.zoom.us/j/85763006851?pwd=nnBUHbvKQX1RGz6HQub0WrWmnB1m8s.1

Meeting ID: 857 6300 6851
Passcode: 994477

One tap mobile
+17193594580,,85763006851#,,,,*994477# US
+12532050468,,85763006851#,,,,*994477# US

Join instructions
https://us02web.zoom.us/meetings/85763006851/invitations?signature=mxQ8bQYVaEPtQ7JRBHjENumNGck1O-3HwnHMif79kuQ

Topic: STRONGER 6PM US EST
Time: Nov 3, 2025 18:00 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/tZwudO6uqzsrG93FNBrHod7diYmvpLvlq34U/ics?icsToken=DHeX2SCGWiR1DPRRbwAALAAAAKK28UBxQfr2hfajYbdv156iVKGa4wRgu-vpU1ixM49riGnkooT8QV9kyAKf8vCtwMayxsDS-fkSHygkSTAwMDAwMQ&meetingMasterEventId=ea0nO_fpRQu1GFXw_adR5Q

Join Zoom Meeting
https://us02web.zoom.us/j/88337650119?pwd=uv2xzsqOGJhqNCQ0YaPdHZHH736E33.1

Meeting ID: 883 3765 0119
Passcode: 290267

One tap mobile
+16694449171,,88337650119#,,,,*290267# US
+16699009128,,88337650119#,,,,*290267# US (San Jose)

Join instructions
https://us02web.zoom.us/meetings/88337650119/invitations?signature=STDGSlzrY9m-sNCWzQI8l_VkPJLSQWqLFz1MqP_Utqk

Topic: FOUNDATIONS 7AM US EST
Time: Nov 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/meeting/tZYldO6sqjoiGd0zYQnb2IrKYoB7_0CJ1mLy/ics?icsToken=DP3-EHa0D5TZ4GYKGgAALAAAAIJskZpPBabHlcTTT6Rlrjoxt5t1cP3rHC_wjzj3nihYL40nDLbbvLqTfp8VE2nWd5koJHSiBXZ_VuCnDjAwMDAwMQ&meetingMasterEventId=1XDpZN2gQOiQX0zm4jtCDg

Join Zoom Meeting
https://us02web.zoom.us/j/82837441839?pwd=616LAuNYtmdOLHXsyZiw4MwCyv1hbi.1

Meeting ID: 828 3744 1839
Passcode: 371286

One tap mobile
+16694449171,,82837441839#,,,,*371286# US
+16699009128,,82837441839#,,,,*371286# US (San Jose)

Join instructions
https://us02web.zoom.us/meetings/82837441839/invitations?signature=kYbtOvKxKEYSn2Ikp5WM7Hqk7Gtqt-S3UFfz9RQw9SI

Topic: FOUNDATIONS 6PM US EST
Time: Nov 4, 2025 18:00 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/tZcocumvrDMrH9GvELk5eDxnjx5YcL6Mpnsk/ics?icsToken=DI5_Eo9WXH25uiLL4gAALAAAAGLBd43Uy-4Vc9DTBEr2r0gZljvf9OQKwaq_VxEW4KJxPMjQmWiwYmt77fXBNiF7wk1jjRmszl30ePCh9DAwMDAwMQ&meetingMasterEventId=iYF-3R7VT8KDbrmI8TSotQ

Join Zoom Meeting
https://us02web.zoom.us/j/83550728155?pwd=XuWUUai03zECCAuaPayjiYnzeeO2zC.1

Meeting ID: 835 5072 8155
Passcode: 745934

One tap mobile
+17193594580,,83550728155#,,,,*745934# US
+12532050468,,83550728155#,,,,*745934# US

Join instructions
https://us02web.zoom.us/meetings/83550728155/invitations?signature=idns2cP36reHILIiyutvQ0lf7ZdmHyx9YkLW2SfbvuA

Topic: SKILLS 10AM
Time: Nov 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/meeting/tZUsfuuorjoiGdbE-k-leHvNFQ7l4kxeWkc6/ics?icsToken=DOYDjqmgEnzPskrfTgAALAAAAD8MMXN5YWc_mfWCs7muY38A6BgNN2YjQGNkF7KGi-j0mFxkK-wu5jdmVwO9UQRb-wjqpfYYBIeYIbknHTAwMDAwMQ&meetingMasterEventId=gHaxdeJkTOqEVqm6rznpTg

Join Zoom Meeting
https://us02web.zoom.us/j/81192001832?pwd=rruhBwdi4vKYamwnqSi4kMRjrf9vKf.1

Meeting ID: 811 9200 1832
Passcode: 020518

One tap mobile
+16699009128,,81192001832#,,,,*020518# US (San Jose)
+17193594580,,81192001832#,,,,*020518# US

Join instructions
https://us02web.zoom.us/meetings/81192001832/invitations?signature=N4iYTqSkz7XWR1TG4QaV1D2c8fDjGqTUOtsxizbzZ_k

Topic: SKILLS 7PM US EST
Time: Nov 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/tZMlf--vpjooHNev89ptFkUgVqVJjbEanKbo/ics?icsToken=DBEm08nmkHeF4aVLdgAALAAAAGjoaMhx20ckYnYmuIf6OjhlzmWZYiMYtaM5QbeJ31zpM0LIXXhqr62mqIzki_7cBqfjgpsPcMXPCKtsSjAwMDAwMQ&meetingMasterEventId=WcOWQr53QNyxyPDa6Sk07g

Join Zoom Meeting
https://us02web.zoom.us/j/87886781263?pwd=9mS5DrGx6mJsrggaRL8i4a76Sb5tb4.1

Meeting ID: 878 8678 1263
Passcode: 931229

One tap mobile
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+12532050468,,87886781263#,,,,*931229# US

Join instructions
https://us02web.zoom.us/meetings/87886781263/invitations?signature=I2ah6c7l5XBDldDXkP4jaBH3bjySp0JYjCaXC4E2ipQ

Topic: MICRODOSE SKILLS 730AM US EST
Time: Nov 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/tZYvf-qtrDIpH9UvmmALsbeAyTT_ebrQ3-7Q/ics?icsToken=DAHQM7nPEftxQJSWoAAALAAAAK4R2ff37vDXeM-4Gz-AcEBeeEhVnkw-id5zAl-emsba43G86WyeRhILJNt9jyhnH74ML_uzwmCW3s0_0DAwMDAwMQ&meetingMasterEventId=izjBjPpLRpuFWuGPNbrGSg

Join Zoom Meeting
https://us02web.zoom.us/j/82283529351?pwd=yYdstLPaRiYAxhRY4WPkZZHa0Mlrad.1

Meeting ID: 822 8352 9351
Passcode: 811386

One tap mobile
+16694449171,,82283529351#,,,,*811386# US
+16699009128,,82283529351#,,,,*811386# US (San Jose)

Join instructions
https://us02web.zoom.us/meetings/82283529351/invitations?signature=qaeFB0cWcbfw7Gx_R4BUM3Hpn7uFPhB5WKEL01iB0rg

Topic: MICRODOSE SKILLS 630PM US EST
Time: Nov 4, 2025 18:30 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/tZYsfu2urDkjHdOjJw6Jx2tgAVNDxZqv9Gvz/ics?icsToken=DCeAK39UtpgVljXZtQAALAAAAE7MitdcmGoQTpsQZBtV-n4CwJgRDZt-RnDzkKPovayZul2QYecGeeVPy6NT5qMNcHDz8AxDDc1KWArgfzAwMDAwMQ&meetingMasterEventId=ESZXf49DQRKXjNsU6ZFYiQ

Join Zoom Meeting
https://us02web.zoom.us/j/82194622977?pwd=fOkeGvFH1g6i16UDC5TRtPWlGtkYqI.1

Meeting ID: 821 9462 2977
Passcode: 132515

One tap mobile
+16694449171,,82194622977#,,,,*132515# US
+16699009128,,82194622977#,,,,*132515# US (San Jose)

Join instructions
https://us02web.zoom.us/meetings/82194622977/invitations?signature=K0E0dmWvgTxf0ryVCr4hTLAo1OzF4dHTHFXYujS1cvo

Topic: MICRODOSE DRILLS
Time: Nov 8, 2025 19:00 Eastern Time (US and Canada)
Every week on Sat, 3 occurrence(s)
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly:
https://us02web.zoom.us/meeting/tZwsdu2vrzosE9O6THkFYk2CUVw96MUNKblr/ics?icsToken=DGEnFDPqlSwayD7u7AAALAAAAJDoayDMWYMHNxWkGDh9dYhhBN234sFnalAuKUjQB8zSIVXjHgOW5ayp8V1_xcWGRzNTsjwuvzkzMM_ulzAwMDAwMQ&meetingMasterEventId=qQgBqm_oRnCH0wX1H48hYg

Join Zoom Meeting
https://us02web.zoom.us/j/88114711697?pwd=up2yq9idBDICApb9da6D3D9sPXcyAb.1

Meeting ID: 881 1471 1697
Passcode: 999721

One tap mobile
+12532158782,,88114711697#,,,,*999721# US (Tacoma)
+13462487799,,88114711697#,,,,*999721# US (Houston)

Join instructions
https://us02web.zoom.us/meetings/88114711697/invitations?signature=2mvbRKu58D9Psmi7KniW2tsthhBylWLxNknfEcajzxQ

Topic: COMMUNITY CLASS
Time: Nov 8, 2025 18:00 Eastern Time (US and Canada)
3 OCCURANCES

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly:
https://us02web.zoom.us/meeting/tZYkduCtrj8vHdX50ZLzXQv7ya1SdsuVMuYY/ics?icsToken=DL9ddOmdQbmudaqITgAALAAAALlC9KkMmXAXqGTfFejfeRip2KlrTVOkLDfuQuSHIlZGHOyE4lzH9csasQDCbY2VAo4ZOsTon4orhQb2dzAwMDAwMQ&meetingMasterEventId=UoB8QF_ISMeCuIUwW7rT1g

Join Zoom Meeting
https://us02web.zoom.us/j/82919504571?pwd=aOTbaz4E9jznCFnqO16BBwQOhplfAn.1
Meeting ID: 829 1950 4571
Passcode: 345000

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+16699009128,,82919504571#,,,,*345000# US (San Jose)
Join instructions
https://us02web.zoom.us/meetings/82919504571/invitations?signature=bUy7JqZ4dOBGdHS3lYI8fAndms0eo1uExj8gAlSy04Y