



DAY1YOGA MONTH ACCESS: APRIL 2026

PLEASE NOTE THE TIME CHANGES!!!

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

<https://vimeo.com/showcase/12177955?share=copy&fl=sm&fe=fs>

Password:
FUEGO

APRIL MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, Fridays, starting APRIL 1 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays, Thursdays starting APRIL 2 @ 9am & 7pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting APRIL 1 @ 10am and 8pm US EST (12 meetings)

MIXED SKILLS

Tuesdays, Thursdays starting APRIL 2 @ 10am and 8pm US EST (8 meetings)

SKILLS WITH SARA

Saturdays starting APRIL 4 @ 9PM US EST (4 meetings, NOTE CODE SET IN SGT)

Topic: MIXED SKILLS 10AM US EST

Time: Apr 2, 2026 10:00 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/tZAKde6ggT0rGd1ApuWwBaiPUGbznmvfTdPF/ics?icsToken=DF4rRdJS83k7BuNrJAAALAAAAP7LmQv1TfSRuTg4sma-4Uu8EWqtGHTLj9rQEwkXhBNHcZYBNaO2SvfdSNDr798vHal0QoechYkGn0gDAwMDAwMQ&meetingMasterEventId=2gJvoz-DQS2AGWuRxm6WBw>

Join Zoom Meeting

<https://us02web.zoom.us/j/84927876139?pwd=qQhWV6VatBe2zZcld7CcgH6ee2Uzao.1>

Meeting ID: 849 2787 6139

Passcode: 672611---

One tap mobile

+17193594580,,84927876139#,,,,*672611# US

+12532050468,,84927876139#,,,,*672611# US

Join instructions

https://us02web.zoom.us/meetings/84927876139/invitations?signature=jU6eUuU4ejw6wxfvJ8r4C_IVzrvH3m0sUdGM7fGZ_80

Topic: MIXED SKILLS 8PM US EST

Time: Apr 2, 2026 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/tZUuduiojqGNYwpScHmp_rAhj8QBQ3j6e/ics?icsToken=DHZh26RDolk6EnbmQQAALAAAOS9y2aX1MOx84KfjagcyPXWDEX6H2wENQStnrFFai9e1-Gu8CS78ZA1nx2MqKRziA40tKrHuOmTk1Xs1jAwMDAwMQ&meetingMasterEventId=RELpWTAiQ-GPrTCu41PMfQ

Join Zoom Meeting

<https://us02web.zoom.us/j/81311001028?pwd=NtR4eo2bJw1XoAzaQ1YGxjOa7ZeQjQ.1>

Meeting ID: 813 1100 1028

Passcode: 721283

One tap mobile

+13462487799,,81311001028#,,,,*721283# US (Houston)

+16694449171,,81311001028#,,,,*721283# US

Join instructions

<https://us02web.zoom.us/join/81311001028?signature=8wB4dHUHG3Jf75k0fNu5eRc6DGKzIP38LQn-X4HOdog>

Topic: SKILLS 10AM US EST

Time: Apr 1, 2026 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/tZUqduqupzsqGd2c4KUWTG_S7o2Y3iViNDYu/ics?icsToken=DD8fgkoycHJB_jLNnAAALAAAAGGFw9isVqKe0G_Z57CnxVfFhj7bDTVyUSSUHh5Fln68leqq2ft_mx4TmDlW_qhi16AiDYDBz405qbBGzAwMDAwMQ&meetingMasterEventId=g56kknz0TKGwfOibg_0Hfw

Join Zoom Meeting

<https://us02web.zoom.us/j/81713690039?pwd=O03KA51lqQMMaND28mlUCgcUgkTEXO.1>

Meeting ID: 817 1369 0039

Passcode: 075313

One tap mobile

+12532158782,,81713690039#,,,,*075313# US (Tacoma)

+13462487799,,81713690039#,,,,*075313# US (Houston)

Join instructions

<https://us02web.zoom.us/join/81713690039?signature=5Epp6YEsQ8JarHEivQVGTy3EohFCDeutw1l5I2MVQCA>

Topic: SKILLS 8PM US EST

Time: Apr 1, 2026 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/meeting/tZcpdO6uqzsrHNY0bhHrHijJtQ6aikbNS7S/ics?icsToken=DG0TlzT0eaqX83lApwAALAAAAMnvræh3w0PLaW7dJ108Ul7lY_lGV7Yc_tbqk07ey9JQ9BDS2-afs2gj9lLqdJK8JWhet5QmoHkcH-3TAwMDAwMQ&meetingMasterEventId=vV8S7E4XReOxigLzWuiYGg

Join Zoom Meeting

<https://us02web.zoom.us/j/83437650162?pwd=35AhbVu7coRRaYJSPNmPEmgm5sUzPt.1>

Meeting ID: 834 3765 0162

Passcode: 018778

One tap mobile

+12532050468,,83437650162#,,,,*018778# US

+12532158782,,83437650162#,,,,*018778# US (Tacoma)

Join instructions

<https://us02web.zoom.us/join/83437650162?signature=Khjlpd5iZQbmUdSm78qBEZ4oRiIdG7Nit2vuYUUFuO>

Topic: FOUNDATIONS 9AM US EST

Time: Apr 2, 2026 09:00 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/tZEpdumopiMoGt2ra2R0BCx6LfnYMa5bNRqt/ics?icsToken=DD3o1FfK0g1PUADYBgAALAAAHPkoR3CMPnRDaLDHsSsx8465paTDz1MWFPeNFzC6KRuowqzoR4F2obhLju4_QfFCzq6sRuEFOQ8ihcEzDAwMDAwMQ&meetingMasterEventId=-e49INMHRkWHOS1Zv6gwWQ

Join Zoom Meeting

<https://us02web.zoom.us/j/85410088209?pwd=Gok6gsqbyuulFh271AxdLNOR90FOWJ.1>

Meeting ID: 854 1008 8209

Passcode: 660296

One tap mobile

+16694449171,,85410088209#,,,,*660296# US

+16699009128,,85410088209#,,,,*660296# US (San Jose)

Join instructions

<https://us02web.zoom.us/meetings/85410088209/invitations?signature=lvu19u61DL29zYGPNNlisqped39jkaN63AqZgMKArVM>

Topic: FOUNDATIONS 7PM US EST

Time: Apr 2, 2026 19:00 Eastern Time (US and Canada)

Every week on Tue, Thu, until May 14, 2026, 8 occurrence(s)

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

Weekly: https://us02web.zoom.us/meeting/tZUpf-2tpjkjE9Ni532M6Cl49Ylr-6ljCzNZ/ics?icsToken=DA-6AsfppYneZ3Z84wAALAAAD4iGWUijvw7yuP1YO1J1yY8WuZUD8N-zpcNQn8oBqHAcviue5KaiXD3PKnGi1nl-4yJwXzp2fCZ6MiwDAwMDAwMQ&meetingMasterEventId=MtaE6id9RzW-HvwqA_GY7g

Join Zoom Meeting

<https://us02web.zoom.us/j/81484582997?pwd=FLBzhRapHttFS89yWDz2bBw9aFjZQa.1>

Meeting ID: 814 8458 2997

Passcode: 030974

One tap mobile

+12532158782,,81484582997#,,,,*030974# US (Tacoma)

+13462487799,,81484582997#,,,,*030974# US (Houston)

Join instructions

https://us02web.zoom.us/meetings/81484582997/invitations?signature=vM_YYkTUvEytLFVQh1gjl14PucDtl2fyEG0TkXaXWc

Topic: STRONGER 9AM US EST

Time: Apr 1, 2026 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/meeting/tZwtdeqqjiouEt3AuBfo3eU-sZ8eOAKlr7YB/ics?icsToken=DDIHCP0Oweril_bkiwAALAAAAM8gDfDg3Ah0POROM09vXzpwKcjTOG4ZihWLImlkMgqysYOHu_fl3xDpVGFUcLSc_LBmDJZzp3xWWkrFVEzAwMDAwMQ&meetingMasterEventId=T5vPCbgdRmMmir3LiCG3KVg

Join Zoom Meeting

<https://us02web.zoom.us/j/88023241489?pwd=tdE9CzT5aVcarata9kZalHQAhKBA10.1>

Meeting ID: 880 2324 1489

Passcode: 416715

One tap mobile

+17193594580,,88023241489#,,,,*416715# US

+12532050468,,88023241489#,,,,*416715# US

Join instructions

<https://us02web.zoom.us/meetings/88023241489/invitations?signature=yOjakVyAmzC1lbW8iUzaH8bj43pXPAY9ntWb6Cf6Ofc>

Topic: STRONGER 7PM US EST

Time: Apr 1, 2026 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/join/89363302141?pwd=dn1TncGiZDNOgZapYbWJGLchaV4qaD.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/89363302141?pwd=dn1TncGiZDNOgZapYbWJGLchaV4qaD.1>

Meeting ID: 893 6330 2141

Passcode: 439132

One tap mobile

+17193594580,,89363302141#,,,,*439132# US

+12532050468,,89363302141#,,,,*439132# US

Join instructions

<https://us02web.zoom.us/join/89363302141?pwd=dn1TncGiZDNOgZapYbWJGLchaV4qaD.1>

Topic: Skills With Sara

Time: Apr 5, 2026 09:00 AM SINGAPORE TIME!

Every week on Sun, until Apr 26, 2026, 4 occurrence(s)

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

Weekly: <https://us04web.zoom.us/join/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1>

<https://us04web.zoom.us/join/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1>

<https://us04web.zoom.us/join/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1>

Join Zoom Meeting

<https://us04web.zoom.us/j/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1>

Meeting ID: 747 0405 3372

Passcode: JK5bN6