



FOUNDATIONS APRIL 2026

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 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=DD3o1Ffk0g1PUADYBgAALAAAAHPkoR3CMPnR DalDHsSsx8465paTDz1MWFPeNFzC6KRuowqzoR4F2obhLju4_QfFCZq6sRuEFOQ8ihcEzDAwMDAwMQ&meetingMasterEventId=e49INMHRkWHOS1Zv6gwWQ

Join Zoom Meeting

<https://us02web.zoom.us/j/85410088209?pwd=Gok6gsqbuylFh27IAxdLNOR90F0WJ.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/join/85410088209/invitations?signature=lvu19u61DL29zYGPNNlisped39jkaN63AqZqMKARVM>

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-2tpjkiE9Ni532M6C149YLr-6JiCzNZ/ics?icsToken=DA-6AsfppYneZ3Z84wAALAAAD4iGWUjivw7yuP1YO1J1yY8WuZUD8N-zpcNQn8oBqHAcviue5KajXD3PKnGi1nl-4yJwXzp2fC2Z6MiwDAwMDAwMQ&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/join/81484582997/invitations?signature=vM_YYkTUvEytLFVQh1gj14PucDtl2fyEG0TkXaXWc