



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.

SUNDAY IN THE USA: EMAILS AND REQUESTS WILL NOT BE ANSWERED UNTIL MONDAY.

Topic: Skills With Sara

Time: Apr 5, 2026 09:00 AM Singapore

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/meeting/upAqd-](https://us04web.zoom.us/meeting/upAqd-2oqzgpHdZrJPRPkic5DrqW2UWA4rPz/ics?icsToken=DN5Xsg2NaOxXkHI3zgAALAAAAMTvpyFRq0ZHIcaDp-mew55f77B8lz4ZTEjhVEJFtBUJM9-Yo3s8JbUkFtsqIOg1cABNDhH_drqz2VH8nzAwMDAwMQ&meetingMasterEventId=39IvPO-HQ3eZLoaC_6S1jA)

[2oqzgpHdZrJPRPkic5DrqW2UWA4rPz/ics?icsToken=DN5Xsg2NaOxXkHI3zgAALAAAAMTvpyFRq0ZHIcaDp-mew55f77B8lz4ZTEjhVEJFtBUJM9-](https://us04web.zoom.us/meeting/upAqd-2oqzgpHdZrJPRPkic5DrqW2UWA4rPz/ics?icsToken=DN5Xsg2NaOxXkHI3zgAALAAAAMTvpyFRq0ZHIcaDp-mew55f77B8lz4ZTEjhVEJFtBUJM9-Yo3s8JbUkFtsqIOg1cABNDhH_drqz2VH8nzAwMDAwMQ&meetingMasterEventId=39IvPO-HQ3eZLoaC_6S1jA)

[Yo3s8JbUkFtsqIOg1cABNDhH_drqz2VH8nzAwMDAwMQ&meetingMasterEventId=39IvPO-HQ3eZLoaC_6S1jA](https://us04web.zoom.us/meeting/upAqd-2oqzgpHdZrJPRPkic5DrqW2UWA4rPz/ics?icsToken=DN5Xsg2NaOxXkHI3zgAALAAAAMTvpyFRq0ZHIcaDp-mew55f77B8lz4ZTEjhVEJFtBUJM9-Yo3s8JbUkFtsqIOg1cABNDhH_drqz2VH8nzAwMDAwMQ&meetingMasterEventId=39IvPO-HQ3eZLoaC_6S1jA)

Join Zoom Meeting

[https://us04web.zoom.us/j/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.](https://us04web.zoom.us/j/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1)

[1](https://us04web.zoom.us/j/74704053372?pwd=6rV5QQneretgBpSxXfNmZqnCuRvXST.1)

Meeting ID: 747 0405 3372

Passcode: JK5bN6