



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 email can be empty. This helps expedite your request. The recording is available for 24hrs from the time it was recorded. Please do not request classes past 2 days. ☺

Topic: SKILLS 10AM US EST

Time: May 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/tZ0kc-upqDwpHdynZrRB0wj4-7ZMQVubXtH7/ics?icsToken=DKIHRHrncQhY8RNMLQAALAAAEFjuEbQTD01npE2v0yqN0vxsk14m-nZONslP9SueVGVBL2d3CPgzt4UfU4sMEfs1nkBKJBeV0OxBqW7eDAwMDAwMQ&meetingMasterEventId=Si-4l8lrTaGbYMsYblCw1g>

Join Zoom Meeting

<https://us02web.zoom.us/j/89942167378?pwd=33Nip3vx9mtq9VnliDVHD982caRctI.1>

Meeting ID: 899 4216 7378

Passcode: 546594

One tap mobile

+13462487799,,89942167378#,,,,*546594# US (Houston)

+16694449171,,89942167378#,,,,*546594# US

Join by SIP

• 89942167378@zoomcrc.com

Join instructions

https://us02web.zoom.us/meetings/89942167378/invitations?signature=UcN7SOSTkYFlv0JVNckdR_UYw7-ZP-9JT06_q7m6WQQ

Topic: SKILLS 8PM US EST

Time: May 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/tZYldO6spz4jE9Ph1SPGvZ9lv80R6-1NwPUG/ics?icsToken=DBwsa41ed9a3-4irxAAAALAAAHoGOMMcPx1Wuky9hgdorwy349uDuy5SLTZhpS-Gbl8mqyFRt4zvSxPGckLsn8mHd-9hDtY_VbRrwQj_CjAwMDAwMQ&meetingMasterEventId=mvE4oPQdS9Sfjs_e_g0z0w

Join Zoom Meeting

<https://us02web.zoom.us/j/82837495997?pwd=E7ljM5a7RbnOFLngg0AViOw6TSzCkG.1>

Meeting ID: 828 3749 5997

Passcode: 830592

One tap mobile

+12532158782,,82837495997#,,,,*830592# US (Tacoma)

+13462487799,,82837495997#,,,,*830592# US (Houston)

Join by SIP

• 82837495997@zoomcrc.com

Join instructions

https://us02web.zoom.us/meetings/82837495997/invitations?signature=Dwvjo1CHPqVWlcKD_YYsebZJxxqUHQ_c7Py4Fs3Vm-g