



# D1Y



## DAY1YOGA MONTH ACCESS: JULY 2026

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](mailto: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/12305660?share=copy&fl=sm&fe=fs>

Password:

## GOATMODE

### JULY MEMBERSHIP CALENDAR

#### **STRONGER TOGETHER**

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

#### **FOUNDATIONS**

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

#### **SKILLS**

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

#### **MIXED SKILLS**

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

#### **SKILLS WITH SARA**

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

#### **Topic: STRONGER 9AM US EST**

**Time: Jul 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/tZ0ocu-hrDktE9bF9l5bvLATY44YYebFBOWx/ics?icsToken=DldekkbLVrIKT4BJ3wAALAAALL-mbVWs9kAexn8GLn4NhHNq-iyoz3pOspt6FUKp6BhPqUuWtye8dJn0xu\\_L6l\\_mwksd693xGPWuNFrHTAwMDAwMQ&meetingMasterEventId=m-dNnsEdTHi161lvf3i9Ow](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZ0ocu-hrDktE9bF9l5bvLATY44YYebFBOWx/ics?icsToken=DldekkbLVrIKT4BJ3wAALAAALL-mbVWs9kAexn8GLn4NhHNq-iyoz3pOspt6FUKp6BhPqUuWtye8dJn0xu_L6l_mwksd693xGPWuNFrHTAwMDAwMQ&meetingMasterEventId=m-dNnsEdTHi161lvf3i9Ow)

Join Zoom Meeting

<https://us02web.zoom.us/j/89556922792?pwd=cc1XIHUEDTaSBhONPXYcgEQ94iOiB.1>

Meeting ID: 895 5692 2792

Passcode: 526774

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One tap mobile

+13052241968,,89556922792#,,,,\*526774# US

+16465588656,,89556922792#,,,,\*526774# US (New York)

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Join by SIP

• 89556922792@zoomcrc.com

Join instructions

[https://us02web.zoom.us/join/https://us02web.zoom.us/meetings/89556922792/invitations?signature=lqEvSdOhSdMQdof\\_479j9VwKzV7uARsN3yW7G\\_45yng](https://us02web.zoom.us/join/https://us02web.zoom.us/meetings/89556922792/invitations?signature=lqEvSdOhSdMQdof_479j9VwKzV7uARsN3yW7G_45yng)

#### **Topic: STRONGER 7PM US EST**

**Time: Jul 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/meeting/tZclde6gqj8rGN2pBWDg23vyr\\_ahNJ5SDWAo/ics?icsToken=DExjvnnvFsUbbfsds9gAALAAAJLwl-gU2zdhdhmQxOY8-VjibdcfrOBWhw8ZQV3sQH0uxLJVtGVsVOqWnVFn5SkwZSqeQyta9JhdIEAftYTawMDAwMQ&meetingMasterEventId=VLyY7-w8RKA1GeyTknRcGw](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZclde6gqj8rGN2pBWDg23vyr_ahNJ5SDWAo/ics?icsToken=DExjvnnvFsUbbfsds9gAALAAAJLwl-gU2zdhdhmQxOY8-VjibdcfrOBWhw8ZQV3sQH0uxLJVtGVsVOqWnVFn5SkwZSqeQyta9JhdIEAftYTawMDAwMQ&meetingMasterEventId=VLyY7-w8RKA1GeyTknRcGw)

Join Zoom Meeting

<https://us02web.zoom.us/j/83827844129?pwd=0OKXAjxbKaMCLflmXT0TRQUsirBFz.1>

Meeting ID: 838 2784 4129

Passcode: 122732

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Join by SIP

• 83827844129@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/83827844129?signature=8Mx3pdL3EWEjohnlB7h2VAXcJ74rBHLWBZXB6n0qJY>

**Topic: FOUNDATIONS 9AM US EST**

**Time: Jul 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/tZEudOioqj4vGNRhj-](https://us02web.zoom.us/meeting/tZEudOioqj4vGNRhj-b0i3tZ66n8CqtJ616_/ics?icsToken=DCcU6NZtHy9zKYgMLgAALAAAKZ5-uogJI_Eyqr6JKBuFvI0Xy56W-6z-vg4InGf8dvlsfCFOTDjlwi6EYBlZAdtpzFa4FfTCnomDJyPaDAwMDAwMQ&meetingMasterEventId=aG6EHqkbTCCxQecW-hyinA)

[b0i3tZ66n8CqtJ616\\_/ics?icsToken=DCcU6NZtHy9zKYgMLgAALAAAKZ5-](https://us02web.zoom.us/meeting/tZEudOioqj4vGNRhj-b0i3tZ66n8CqtJ616_/ics?icsToken=DCcU6NZtHy9zKYgMLgAALAAAKZ5-uogJI_Eyqr6JKBuFvI0Xy56W-6z-vg4InGf8dvlsfCFOTDjlwi6EYBlZAdtpzFa4FfTCnomDJyPaDAwMDAwMQ&meetingMasterEventId=aG6EHqkbTCCxQecW-hyinA)

[uogJI\\_Eyqr6JKBuFvI0Xy56W-6z-](https://us02web.zoom.us/meeting/tZEudOioqj4vGNRhj-b0i3tZ66n8CqtJ616_/ics?icsToken=DCcU6NZtHy9zKYgMLgAALAAAKZ5-uogJI_Eyqr6JKBuFvI0Xy56W-6z-vg4InGf8dvlsfCFOTDjlwi6EYBlZAdtpzFa4FfTCnomDJyPaDAwMDAwMQ&meetingMasterEventId=aG6EHqkbTCCxQecW-hyinA)

[vg4InGf8dvlsfCFOTDjlwi6EYBlZAdtpzFa4FfTCnomDJyPaDAwMDAwMQ&meetingMasterEventId=aG6EHqkbTCCxQecW-hyinA](https://us02web.zoom.us/meeting/tZEudOioqj4vGNRhj-b0i3tZ66n8CqtJ616_/ics?icsToken=DCcU6NZtHy9zKYgMLgAALAAAKZ5-uogJI_Eyqr6JKBuFvI0Xy56W-6z-vg4InGf8dvlsfCFOTDjlwi6EYBlZAdtpzFa4FfTCnomDJyPaDAwMDAwMQ&meetingMasterEventId=aG6EHqkbTCCxQecW-hyinA)

Join Zoom Meeting

<https://us02web.zoom.us/j/85331045520?pwd=FiszsyJKkl4pSiUWosbEpHQTmvlL8S.1>

Meeting ID: 853 3104 5520

Passcode: 071176

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+13017158592,,85331045520#,,,,\*071176# US (Washington DC)

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Join by SIP

• 85331045520@zoomcrc.com

Join instructions

[https://us02web.zoom.us/join/85331045520?signature=Eqq4atKKrs0\\_kOtxV7WIY7BGakstZPrGZP\\_1mNLLs9k](https://us02web.zoom.us/join/85331045520?signature=Eqq4atKKrs0_kOtxV7WIY7BGakstZPrGZP_1mNLLs9k)

**Topic: FOUNDATIONS 7PM US EST**

**Time: Jul 2, 2026 19:00 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/tZUtdu2hrzIqHNV5GSgDwdh\\_1g9Sf1\\_rEJk1/ics?icsToken=DEWrgfTQyZ9R0rq4KwAALAAAACbyzxZYnY9aD6wtlbLkVpY33qtGaHqj3BbcOm99YT44cPNALqh6DfxYTzwZpCmbLuSujjz9VyROebOU6DAwMDAwMQ&meetingMasterEventId=NCxoxEFJRQSMq-3zBtRljA](https://us02web.zoom.us/meeting/tZUtdu2hrzIqHNV5GSgDwdh_1g9Sf1_rEJk1/ics?icsToken=DEWrgfTQyZ9R0rq4KwAALAAAACbyzxZYnY9aD6wtlbLkVpY33qtGaHqj3BbcOm99YT44cPNALqh6DfxYTzwZpCmbLuSujjz9VyROebOU6DAwMDAwMQ&meetingMasterEventId=NCxoxEFJRQSMq-3zBtRljA)

Join Zoom Meeting

<https://us02web.zoom.us/j/81014919061?pwd=UdcR9o3zcg7VGy8o8l17SblWvnoxWe.1>

Meeting ID: 810 1491 9061

Passcode: 880704

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Join by SIP

• 81014919061@zoomcrc.com

Join instructions

[https://us02web.zoom.us/meetings/81014919061/invitations?signature=aM\\_1oeHUPJEFKgs0D\\_N\\_I1KwkUDGagvdYOjAa6xhXWU](https://us02web.zoom.us/meetings/81014919061/invitations?signature=aM_1oeHUPJEFKgs0D_N_I1KwkUDGagvdYOjAa6xhXWU)

**Topic: SKILLS 10AM US EST**

**Time: Jul 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/tZwvd-mrrDopGd1uU-OTqUrdYz9xuXA-XzzK/ics?icsToken=DGShnKfASF4pstFfHgAALAAAAG-LdxWKG1tNDawDk3n5yumFZJ4yKnSAf4rZQqWrYtXfBLZ2R1\\_mkL5Q18a1A9SbJg4B93LGj6UceMxoQjAwMDAwMQ&meetingMasterEventId=FgBBhfeuSK2j7k8Wp3LFIA](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZwvd-mrrDopGd1uU-OTqUrdYz9xuXA-XzzK/ics?icsToken=DGShnKfASF4pstFfHgAALAAAAG-LdxWKG1tNDawDk3n5yumFZJ4yKnSAf4rZQqWrYtXfBLZ2R1_mkL5Q18a1A9SbJg4B93LGj6UceMxoQjAwMDAwMQ&meetingMasterEventId=FgBBhfeuSK2j7k8Wp3LFIA)

Join Zoom Meeting

<https://us02web.zoom.us/j/88200321339?pwd=VN5pNGeLnREdf3kZglhmHzCy8Y1Nbk.1>

Meeting ID: 882 0032 1339

Passcode: 680765

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Join by SIP

• 88200321339@zoomcrc.com

Join instructions

[https://us02web.zoom.us/meetings/88200321339/invitations?signature=2d62CBmZy-LEuFjlH5Eeh9PunYB1pO26VaF\\_z9u6QYQ](https://us02web.zoom.us/meetings/88200321339/invitations?signature=2d62CBmZy-LEuFjlH5Eeh9PunYB1pO26VaF_z9u6QYQ)

**Topic: SKILLS 8PM US EST**

**Time: Jul 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/tZwuduChrTlpH91dXVcKNxycOQWNr8RrHIJk/ics?icsToken=DPnoq\\_9uPrnKe20BEQAALAAAABEUxxw1UVxkOiu93-oJF6D5YSZfxVIN2zT3pJ0SmNk9K2kc1nyHI9R6LjjSoyPHL\\_4MhQKuudqYs3oaPTAwMDAwMQ&meetingMasterEventId=-HmZ4q5cRPSEC2CKCrI8jw](https://us02web.zoom.us/meeting/tZwuduChrTlpH91dXVcKNxycOQWNr8RrHIJk/ics?icsToken=DPnoq_9uPrnKe20BEQAALAAAABEUxxw1UVxkOiu93-oJF6D5YSZfxVIN2zT3pJ0SmNk9K2kc1nyHI9R6LjjSoyPHL_4MhQKuudqYs3oaPTAwMDAwMQ&meetingMasterEventId=-HmZ4q5cRPSEC2CKCrI8jw)

Join Zoom Meeting

<https://us02web.zoom.us/j/88319939359?pwd=rfa6lKLHG2aCpv4gQtAIU8h9cPNRID.1>

Meeting ID: 883 1993 9359

Passcode: 864317

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Join by SIP

• 88319939359@zoomcrc.com

Join instructions

[https://us02web.zoom.us/join/88319939359?signature=D7EFxjHpvLCqn\\_czfPTR5yPoL4B\\_rVYXjQI2iyagFYXE](https://us02web.zoom.us/join/88319939359?signature=D7EFxjHpvLCqn_czfPTR5yPoL4B_rVYXjQI2iyagFYXE)

**Topic: MIXED SKILLS 10AM**

**Time: Jul 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/join/88319939359?signature=D7EFxjHpvLCqn\\_czfPTR5yPoL4B\\_rVYXjQI2iyagFYXE](https://us02web.zoom.us/join/88319939359?signature=D7EFxjHpvLCqn_czfPTR5yPoL4B_rVYXjQI2iyagFYXE)

Join Zoom Meeting

<https://us02web.zoom.us/j/81186328543?pwd=ismu5HkZWZqBh4pqApcfoaG2B4JRUUa.1>

Meeting ID: 811 8632 8543

Passcode: 969318

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+13052241968,,81186328543#,,, \*969318# US

+13126266799,,81186328543#,,, \*969318# US (Chicago)

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Join by SIP

• 81186328543@zoomcrc.com

Join instructions

[https://us02web.zoom.us/join/81186328543?signature=HHI9ELcWw83EPfq\\_jgy7MbealFbj0--WkMXWSdUtl-M](https://us02web.zoom.us/join/81186328543?signature=HHI9ELcWw83EPfq_jgy7MbealFbj0--WkMXWSdUtl-M)

**Topic: MIXED SKILLS 8PM US EST**

**Time: Jul 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/tZlvcuyvpzMpG93xa0gNLUb6mpst7JnEbzak/ics?icsToken=DKnO6PHxaoVbw0JTcgAALAAAAOZcQgKvJxZWx177QMuM3B07fz2b9GWM0\\_u-KeirFEduUdkVUdXpHI9Gphlimk2deOEdLae0DLYqKgiNIDAwMDAwMQ&meetingMasterEventId=9QqP4jBUQwyAaicBtjAUrg](https://us02web.zoom.us/join/81186328543?signature=HHI9ELcWw83EPfq_jgy7MbealFbj0--WkMXWSdUtl-M)

Join Zoom Meeting

<https://us02web.zoom.us/j/86255798319?pwd=CFhf1TXrKbAr1bWbfCkgLf8wlbm3MI.1>

Meeting ID: 862 5579 8319

Passcode: 075458

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Join by SIP

• 86255798319@zoomcrc.com

Join instructions

[https://us02web.zoom.us/meetings/86255798319/invitations?signature=fFVsII-kocIIKBuiwsR-ons3wT3gsD2-33\\_V5p\\_uUMs](https://us02web.zoom.us/join/86255798319?signature=fFVsII-kocIIKBuiwsR-ons3wT3gsD2-33_V5p_uUMs)

**Topic: Skills With Sara**

**Time: Jul 5, 2026 09:00 AM Singapore (CODE SET IN SGT SINGAPORE TIME)**

**Every week on Sun, 4 occurrence(s)**

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

Weekly: [https://us04web.zoom.us/meeting/up0lceipgikuEt0ESWdS5juVwN7tv9qAdLly/ics?icsToken=DAir-KRwielvVwAvlgAALAAAAAGdmZIAfK0LcwFbPg- ktnS5-gWu19NgCPoslRCkHc42xmEvvGFSSj-CPxoewD5u4nS728I2DTKFvX\\_AzAwMDAwMQ&meetingMasterEventId=veW9EWFISf2Jbte32Lc9IQ](https://us04web.zoom.us/join/79861142489?pwd=KYc150HgVtMqqb17TVx0Z8BoL7IJKk.1)

Join Zoom Meeting

<https://us04web.zoom.us/j/79861142489?pwd=KYc150HgVtMqqb17TVx0Z8BoL7IJKk.1>

Meeting chat link

[https://us04web.zoom.us/launch/jc/79861142489](https://us04web.zoom.us/join/79861142489?pwd=KYc150HgVtMqqb17TVx0Z8BoL7IJKk.1)

Meeting ID: 798 6114 2489  
Passcode: 27g4D0