



FOUNDATIONS SEPTEMBER 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: Sep 1, 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/tZMvc-mqgD8pHtFU1y-0ox0Dkp_KziXd6ac_/ics?icsToken=DAYLJgKdZcWd7wOKgwAALAAAD-2TMBQvjICG8jm-lreAf-ejynigdpVqCeZq0bS_hsq1_EjsLG4DH2Msj_NBYqJVGuJWnxPcxbpNMRojAwMDAwMg&meetingMasterEventId=r6PN4FNATxOvTCU0sRKA4w

Join Zoom Meeting

<https://us02web.zoom.us/j/87240264345?pwd=Zxqti76uFAmdKh9YcCQBDPXiXhEd8r.1>

Meeting ID: 872 4026 4345

Passcode: 608372

One tap mobile

+13052241968,,87240264345#,,,,*608372# US

+13017158592,,87240264345#,,,,*608372# US (Washington DC)

Join by SIP

• 87240264345@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/87240264345?signature=5TeXQpaeJfUJO8sm2Tkzi2fMojBOUPxm4OckCezUEqY>

Topic: FOUNDATIONS 7PM US EST

Time: Sep 1, 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/tZ0scOCrrTojGNckX8jhv2F7epQDJCiuMXN/ics?icsToken=DHKDGBcsJYHwXFCHkAAALAAAALhDDlhjZ2AZqv9RteNr5jOImBSzZGBsdzlsTOyopKKkkYY0Q6JrG1gFg1tb3Y5lwc5wFjTQs9s_Ypmp5jAwMDAwMg&meetingMasterEventId=VBzWnSIQDW4D5GQvpq-3Q

Join Zoom Meeting

<https://us02web.zoom.us/j/89179331923?pwd=BqKnLOGKhivbTUU6KkdjgKeBjnrOLM.1>

Meeting ID: 891 7933 1923

Passcode: 632527

One tap mobile

+13052241968,,89179331923#,,,,*632527# US

+13126266799,,89179331923#,,,,*632527# US (Chicago)

Join by SIP

• 89179331923@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/89179331923?signature=GtavUd99wCvwl0cFBjYKwABu4ullgd00Nx3Tzc6qCTO>