



DAY1YOGA MONTH ACCESS: SEPTEMBER 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**

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/12386987?share=copy&fl=sm&fe=fs>

Password:
NEXTLEVEL

SEPTEMBER MEMBERSHIP CALENDAR

STRONGER TOGETHER

Mondays, Wednesdays, Fridays, starting SEPT 2 @ 9am & 7pm US EST (12 meetings)

FOUNDATIONS

Tuesdays, Thursdays starting SEPT 1 @ 9am & 7pm US EST (8 meetings)

SKILLS

Mondays, Wednesdays, and Fridays starting SEPT 2 @ 10am and 8pm US EST (12 meetings)

Tuesdays, Thursdays starting SEPT 1 @ 10am and 8pm US EST (8 meetings)

SKILLS WITH SARA

Saturdays starting SEPT 6 @ 9PM US EST (4 meetings, NOTE CODE SET IN SGT)

Topic: STRONGER 9AM US EST

Time: Sep 2, 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/join/tZUpf--srz8pG9lR2ATJj8rdyJyJ5v2kdba1/ics?icsToken=DB4-TFp_yiCqOdE_bwAALAAADzSICBv2GSKC9appEjBRYhUh1qd5ku1k-S9sW7K2AZjl4dZkXEI25TRdTPB8T7GH6RGK92wxrzvYIDy0TAwMDAwMg&meetingMasterEventId=duB6_QrRdQCWbtB05QOreFw

Join Zoom Meeting

<https://us02web.zoom.us/j/81486414316?pwd=3tl7uX101XqPv6WfRb8Zpmk2nSfbn1.1>

Meeting ID: 814 8641 4316

Passcode: 453855

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One tap mobile

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+16469313860,,81486414316#,,,,*453855# US

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Join by SIP

- 81486414316@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/9786123456?pwd=ZGQ0eUJlMmRlc0pBdDZkdjVldz09>

Topic: STRONGER 7PM US EST

Time: Sep 2, 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/join?pwd=MTZkdjVldUo0eW9kZWpHcmVudDZlbnRpdz09PQ==&from=addon_invite

[j_kHbloYH6tP6PGWlg9Fb0VfoXB5xQCwCl2EUymXuxPmeSKux9hUe6DAwMDAwMg&meetingMasterEventId=GTP-N2CRQPWj86HPdG091g](https://us02web.zoom.us/j/kHbloYH6tP6PGWlg9Fb0VfoXB5xQCwCl2EUymXuxPmeSKux9hUe6DAwMDAwMg&meetingMasterEventId=GTP-N2CRQPWj86HPdG091g)

Join Zoom Meeting

<https://us02web.zoom.us/j/85200937358?pwd=tGkzDjAq7be6c0bY1O3blyHvR1CBPj.1>

Meeting ID: 852 0093 7358

Passcode: 251830

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+13052241968,,85200937358#,,,,*251830# US

+13126266799,,85200937358#,,,,*251830# US (Chicago)

Join by SIP

• 85200937358@zoomcrc.com

Join instructions

<https://us02web.zoom.us/meetings/85200937358/invitations?signature=RKXLZJ9ZATsr0NUzG1K8gRo37fliuie26-tIdNZvLYk>

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-mqqD8pHtFU1y-0ox0Dkp_KziXd6ac_/ics?icsToken=DAyLJgKdZcWd7wOKgwAALAAAAD-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

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+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/join/tZ0scOCrrTojGNckX8jhv2F7epQDJCiuMXN/ics?icsToken=DHKDGBcsJYHwXFCHkAAALAAALhDDIhjZ2AZqv9RteNr5jOImBSzZGBsdzIsTOyopKKkkYY0Q6JrG1gFg1tb3Y5lwc5wFjTQs9s_Ypmp5jAwMDAwMg&meetingMasterEventId=VBzWnSIIQDW4D5GQvpq-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=GtavUd99wCvwl0cFBjYKwABu4ulIgd00Nx3Tzc6qCTQ>

Topic: SKILLS 10AM US EST

Time: Sep 2, 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/tZUrcuqrrTsiEtCW8rBjpkLE1nO-CYFteV4M/ics?icsToken=DBVCtX1EJ1C-MtHDCAAAALAAAADyywjeqYM_g2gcYXbab8momiDc2PiclWG1WF563b6R4fThkwNJG_WsObOlj-l0-qJCDu1QV3WmSpJ_xdjAwMDAwMg&meetingMasterEventId=vnjO68PCQn2Y1TznTeo3DA

Join Zoom Meeting

<https://us02web.zoom.us/j/81653330884?pwd=bqJeRcTopbrvAP4lgQOJKHEbAbbMbM.1>

Meeting ID: 816 5333 0884

Passcode: 341791

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+13092053325,,81653330884#,,,,*341791# US

Join by SIP

• 81653330884@zoomcrc.com

Join instructions

https://us02web.zoom.us/meetings/81653330884/invitations?signature=G1cSMWkKdNhyH-Qz1_K1g2iinhz6wBu2PGR0xuh3DOc

Topic: SKILLS 8PM US EST

Time: Sep 2, 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/tZAKd-GpqzgoGNWDmU9clft_hs6ZEs9mkJWn/ics?icsToken=DPuxzOA_OlhkW7WH9wAALAAAACFDli4Ef4xT4FAk7z02HhaoL0RjZXs8D4whSwMR92PTpylwuHjn0VUaN7-HZ1AxjciWta5ptD2cAGsc8jAwMDAwMg&meetingMasterEventId=bAtCCQeyT-GoNixj5L6b_g

Join Zoom Meeting

<https://us02web.zoom.us/j/84908153221?pwd=LCg5VuRDlOyJG0rPlu9cAhu4SxVglC.1>

Meeting ID: 849 0815 3221

Passcode: 090660

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+16469313860,,84908153221#,,,,*090660# US

Join by SIP
• 84908153221@zoomcrc.com

Join instructions
https://us02web.zoom.us/meetings/84908153221/invitations?signature=St3QWFWBNOoKGgsT8Yw9wk9vIr-c2HMG8OIV_320RvQ

Topic: MIXED SKILLS 10AM US ESET
Time: Sep 1, 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/meeting/tZAscentqTgrHNwMz3JCpfGf75aArxjlmFRt/ics?icsToken=DG9dxyjDQ8E3V9DhCAAALAAAIIZpsQnof9MUmyDXCNW2TxZ_HqI95SwTqdrGP1Gq-hypNroGPpaLxNiAFGJqgizpcFY5NLQsqzqrhTZjAwMDAwMg&meetingMasterEventId=ccH87crMQF2c9bM5Rn5pGA

Join Zoom Meeting
<https://us02web.zoom.us/j/84160573168?pwd=IIDEZ1XC6tFEWbwCHgzLbIRbeOhuzT.1>

Meeting ID: 841 6057 3168
Passcode: 293648

One tap mobile
+13052241968,,84160573168#,,,,*293648# US
+13126266799,,84160573168#,,,,*293648# US (Chicago)

Join by SIP
• 84160573168@zoomcrc.com

Join instructions
https://us02web.zoom.us/meetings/84160573168/invitations?signature=U2tFjinjT8_IDMafspe13BD7GFGEIpHbEY4leKEdSnI

Topic: MIXED SKILLS 8PM US EST

Time: Sep 1, 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/tZlqd-CuqzMjG9RVybcOa-3m5O3bbPqszREG/ics?icsToken=DNiYzxiuRzwDCi8M3QAALAAAAHxqzt4PIQNp4C10ntynoEHULLv5GSS8zyioyi0U9zOvsgfpbsaUNhfxRgpnq7UHUZSxAv_JllzhvUhkajAwMDAwMg&meetingMasterEventId=HLgFOPO2SUOF_aoO274igg

Join Zoom Meeting

<https://us02web.zoom.us/j/86709658910?pwd=Vewu8d1BN6GzziUuSbXAYgl9O3m7PS.1>

Meeting ID: 867 0965 8910

Passcode: 727068

One tap mobile

+13052241968,,86709658910#,,,,*727068# US

+13017158592,,86709658910#,,,,*727068# US (Washington DC)

Join by SIP

• 86709658910@zoomcrc.com

Join instructions

<https://us02web.zoom.us/meetings/86709658910/invitations?signature=Wm4r12LdyMcwRz4q7vMTN-0E7m7EdzpGpSxzmsWr8NM>

Topic: Skills With Sara

Time: Sep 6, 2026 09:00 AM Singapore

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/uplrd-CrrjktEtEPuZCMXzOZiIF_AFWNUsGr/ics?icsToken=DDXAMWst6AAz4JdT9QAALAAAAJMC5n1TXEdXRdMmtw7zryEU9zwbs9yPwKREKJSiXla_Y7wulCchFElyQrky0AOYGijY9lwe3yh34kA5WzAwMDAwMg&meetingMasterEventId=6XTKRU6xRxaNyG5YlnZ7PQ

Join Zoom Meeting

<https://us04web.zoom.us/j/76609302785?pwd=e0oNHvYKunmbq0WbuFr3htGdypQYAH.1>

Meeting chat link

<https://us04web.zoom.us/launch/jc/76609302785>

Meeting ID: 766 0930 2785

Passcode: 8LjVwU