



D1Y



MIXED SKILLS SEPT

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: 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/join/84160573168?pwd=IIDEZ1XC6tFEWbwCHgzLbIRbeOhuzT.1>

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/join/84160573168?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)

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Weekly: https://us02web.zoom.us/join/84160573168?signature=U2tFjinjT8_IDMafspe13BD7GFGEIphbEY4leKEdSnI

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/join/86709658910?signature=Wm4r12LdyMcwRz4q7vMTN-0E7m7EdzpGpSxzmsWr8NM>