SKILLS SEPT 2026

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: 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-MtHDCAAALAAAADyywjeqYM_g2gcYXbab8momiDc2PiclWG1WF563b6R4fThkwNJG_WsObOlj-I0-qJCDu1QV3WmSpJ_xdjAwMDAwMg&meetingMasterEventId=vnjO68PCQn2Y1TznTeo3DA

Join Zoom Meeting
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Meeting ID: 816 5333 0884
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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-GpqzgoGNWDmU9cIft_hs6ZEs9mkJWn/ics?icsToken=DPuxzOA_OlhkW7WH9wAALAAAACFDli4Ef4xT4FAk7z02HhaoL0RjZXs8D4whSwMR92PTpyIwuHjn0VUaN7-HZ1AxjciWta5ptD2cAGsc8jAwMDAwMg&meetingMasterEventId=bAtCCQeyT-GoNixj5L6b_g

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Meeting ID: 849 0815 3221
Passcode: 090660

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