



FOUNDATIONS OCTOBER 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: Oct 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/tZAsfu-](https://us02web.zoom.us/meeting/tZAsfu-sqzwuHdHp_DuwxRGb3ldxoGdz_L_N/ics?icsToken=DJiUbgBmGmldoBoDzAAALAAAALArYTCKfOsLamzvregNVOKTbVjkPTfg9oJj1JNoHCS5UDsuh4a2Nt7dezg2sqWgScyubzJlaJinpoed6jAwMDAwMg&meetingMasterEventId=6yoNRCzRSSmzU1GCLYgzzw)

[sqzwuHdHp_DuwxRGb3ldxoGdz_L_N/ics?icsToken=DJiUbgBmGmldoBoDzAAALAAAALArYTCKfOsLamzvregNVOKTbVjkPTfg9oJj1JNoHCS5UDsuh4a2Nt7dezg2sqWgScyubzJlaJinpoed6jAwMDAwMg&meetingMasterEventId=6yoNRCzRSSmzU1GCLYgzzw](https://us02web.zoom.us/meeting/tZAsfu-sqzwuHdHp_DuwxRGb3ldxoGdz_L_N/ics?icsToken=DJiUbgBmGmldoBoDzAAALAAAALArYTCKfOsLamzvregNVOKTbVjkPTfg9oJj1JNoHCS5UDsuh4a2Nt7dezg2sqWgScyubzJlaJinpoed6jAwMDAwMg&meetingMasterEventId=6yoNRCzRSSmzU1GCLYgzzw)

Join Zoom Meeting

<https://us02web.zoom.us/j/84196457475?pwd=PVubA9B1B6PJBiaW0NzfZhYaopCeQi.1>

Join and take notes

<https://us02web.zoom.us/j/84196457475?pwd=PVubA9B1B6PJBiaW0NzfZhYaopCeQi.1&mynotes=on>

Meeting ID: 841 9645 7475

Passcode: 700470

One tap mobile

+13052241968,,84196457475#,,,,*700470# US

+13017158592,,84196457475#,,,,*700470# US (Washington DC)

Join by SIP

- 84196457475@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/84196457475?signature=dQRO7oowKPqndH36Rk-IXt54GyiMYxUWe3Z08fqjWZo>

Topic: FOUNDATIONS 7PM US EST

Time: Oct 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/tZUpce6tqTktHNU_q7BI3qXgORYXyhdiG_ed/ics?icsToken=DET-Aw2Si_KSfQjEGAAALAAAAH5XydSUDkHPzJ7h9UTE1k2H8Wlo_xNzG0Pu_ActcMAU7j6RPmLhB7VOcDcFV_QOFRzBCvyM0nDE78klWPjAwMDAwMg&meetingMasterEventId=q88vJ9_LT6KeM3cbLnRLjQ

Join Zoom Meeting

<https://us02web.zoom.us/j/81467572761?pwd=JSHYica9VluGdZg7G87kRyw8xCqjkw.1>

Join and take notes

<https://us02web.zoom.us/j/81467572761?pwd=JSHYica9VluGdZg7G87kRyw8xCqjkw.1&mynotes=on>

Meeting ID: 814 6757 2761

Passcode: 290862

One tap mobile

+13052241968,,81467572761#,,,,*290862# US

+16469313860,,81467572761#,,,,*290862# US

Join by SIP

- 81467572761@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/81467572761?signature=Fvy3CWlfy1oYW93klkEluggtQPpF9-OIVN2z1yXPc0Q>