



DAY1YOGA MONTH ACCESS: OCTOBER 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/12427750?share=copy&fl=sm&fe=fs>

Password:
wavemaker

SEPTEMBER MEMBERSHIP CALENDAR

STRONGER TOGETHER

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

FOUNDATIONS

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

SKILLS

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

MIXED SKILLS

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

SKILLS WITH SARA

Saturdays starting OCT 3 @ 9PM US EST (4 meetings, NOTE CODE SET IN SGT)

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/join/https://us02web.zoom.us/meeting/tZAsfu-sqzwwHdHp_DuwxRgB3ldxoGdz_L_N/ics?icsToken=DJiUbgBmGmldoBoDzAAALAAAALArYTCKfOsLamzvregNVOKTbVjkPTfg9oJj1JNoHCS5UDsuh4a2Nt7dezg2sqWgScyubzJlaJinpoed6jAwMDAwMg&meetingMasterEventId=6yoNRCzRSSmzU1GCLYgzzw)

[sqzwwHdHp_DuwxRgB3ldxoGdz_L_N/ics?icsToken=DJiUbgBmGmldoBoDzAAALAAAALArYTCKfOsLamzvregNVOKTbVjkPTfg9oJj1JNoHCS5UDsuh4a2Nt7dezg2sqWgScyubzJlaJinpoed6jAwMDAwMg&meetingMasterEventId=6yoNRCzRSSmzU1GCLYgzzw](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZAsfu-sqzwwHdHp_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/meetings/84196457475/invitations?signature=dQRO7oowKPqndH36Rk-IXt54GyiMYxUWe3Z08fqjWZo](https://us02web.zoom.us/join/https://us02web.zoom.us/meetings/84196457475/invitations?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_ActcMAU7j6RPmLhB7VOcDcF_VQOFRzBCvyM0nDE78klWPjAwMDAwMg&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/meetings/81467572761/invitations?signature=Fvy3CWlfy1oYW93klkEluggtQPpF9-OIVN2z1yXPc0Q>

Topic: MIXED SKILLS 10AM US EST

Time: Oct 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/tZAucOqqrz4vGtzOvMYm6eaNBoHNYC_fROBS/ics?icsToken=DMc5PhstLHFTzLpRBOAALAAAAALRimFT2DiU_y2u3w468khjr_2RRPVTX7mXWS2dmp-0G51ngPQFOtw0vPPqb9EPu2VAmbUrvlyxafgR_DAwMDAwMg&meetingMasterEventId=x5S1NykmT-a63h9oKO08RQ

Join Zoom Meeting

<https://us02web.zoom.us/j/84373215508?pwd=77t65u9DwouVOLMj6bqzsjbjaR9Fd2x.1>

Join and take notes

<https://us02web.zoom.us/j/84373215508?pwd=77t65u9DwouVOLMj6bqzsbjaR9Fd2x.1&mynotes=on>

Meeting ID: 843 7321 5508

Passcode: 589229

One tap mobile

+13052241968,,84373215508#,,,,*589229# US

+13126266799,,84373215508#,,,,*589229# US (Chicago)

Join by SIP

• 84373215508@zoomcrc.com

Join instructions

<https://us02web.zoom.us/meetings/84373215508/invitations?signature=Cw2YrPmf6rEcBOC1J1VfUKBgAL7vvC6C1u3UY9fIOeA>

Topic: MIXED SKILLS 8PM US EST

Time: Oct 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/tZUpC-->

[ggjMtGtZRHmuQ5wtFjER60m6CoXJF/ics?icsToken=DAiesYrPxfqg2_swnGAAALAAAABiiBP2gNTZc6vXDacqqeL13ukeVy8TKatksMPTbiXOu96AtU_JwD4H6XDZruTbMpbjBcy5AWguWq1d4EPjAwMDAwMg&meetingMasterEventId=-frH7TaiQ6mRM1vUE9LPmw](https://us02web.zoom.us/j/84373215508?pwd=77t65u9DwouVOLMj6bqzsbjaR9Fd2x.1&mynotes=on)

Join Zoom Meeting

<https://us02web.zoom.us/j/81446848702?pwd=cOoUemXUByhDju8Npb1tAjqQCXrmTB.1>

Join and take notes

<https://us02web.zoom.us/j/81446848702?pwd=cOoUemXUByhDju8Npb1tAjqQCXrmTB.1&mynotes=on>

Meeting ID: 814 4684 8702

Passcode: 138452

One tap mobile

+13052241968,,81446848702#,,,,*138452# US

+16465588656,,81446848702#,,,,*138452# US (New York)

Join by SIP

• 81446848702@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/81446848702?signature=i7MtBN6MAk63IJWGgXD16-pxwt2x7rhBxhmjETckJOA>

Topic: STRONGER TOGETHER 9AM US EST

Time: Oct 2, 2026 09:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, until Nov 13, 2026, 12 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/join/81446848702?signature=i7MtBN6MAk63IJWGgXD16-pxwt2x7rhBxhmjETckJOA>

<https://us02web.zoom.us/join/81446848702?signature=i7MtBN6MAk63IJWGgXD16-pxwt2x7rhBxhmjETckJOA>

Join Zoom Meeting

<https://us02web.zoom.us/j/82147445754?pwd=tRzvQmIX4QaZbJdpGPbQ0fw8PjYMoy.1>

Join and take notes

<https://us02web.zoom.us/j/82147445754?pwd=tRzvQmIX4QaZbJdpGPbQ0fw8PjYMoy.1&mynotes=on>

Meeting ID: 821 4744 5754

Passcode: 100665

One tap mobile

+13052241968,,82147445754#,,,,*100665# US

+13092053325,,82147445754#,,,,*100665# US

Join by SIP

• 82147445754@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/82147445754?signature=4gRA2TH1uNXiJdgZFOMXJigpYL3xjS2wFD8u82eA vk>

Topic: STRONGER TOGETHER 7PM US EST

Time: Oct 2, 2026 19:00 Eastern Time (US and Canada)

Every week on Mon, Wed, Fri, until Nov 13, 2026, 12 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly:

<https://us02web.zoom.us/meeting/tZwpfuGqpjlqHdKQ4W4WJa1Jn1WactE4C95H/ics?icsToken=DCatilY7ktA->

[GINDPAAALAAAALB5T5RQbuxrmDKOvycajrRKXAAUxXUbMTp6dEydJfGh3jcM0hAyUxcpYOaz8FsjoBoRaSZT3_7hAfe0TAwMDAwMg&meetingMasterEventId=F6qZ0a9xS6CiYfgu5SAiAg](https://us02web.zoom.us/j/88498289076?pwd=4X8PoX4FvAUDTCjbEXjFvU5IRjy23y.1&meetingMasterEventId=F6qZ0a9xS6CiYfgu5SAiAg)

Join Zoom Meeting

<https://us02web.zoom.us/j/88498289076?pwd=4X8PoX4FvAUDTCjbEXjFvU5IRjy23y.1>

Join and take notes

<https://us02web.zoom.us/j/88498289076?pwd=4X8PoX4FvAUDTCjbEXjFvU5IRjy23y.1&mynotes=on>

Meeting ID: 884 9828 9076

Passcode: 768716

One tap mobile

+13052241968,,88498289076#,,,,*768716# US

+16469313860,,88498289076#,,,,*768716# US

Join by SIP

• 88498289076@zoomcrc.com

Join instructions

https://us02web.zoom.us/join/88498289076/invitations?signature=_KZ3E3TbTd70_1qc0cpw4FjOy_LDZ_DdkETQQ2JRDBE

Topic: SKILLS 10AM US EST

Time: Oct 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/tZlIcqiqrz0tGdZLBgFLwa8HQtnE47dREn0l/ics?icsToken=DEGahhC8MIXaFcFT_gAALAAAAPmHdJbu2F4Y4OOhOTgvgZ7YESTQDw3lQZlNcVfvEYTCalsHOJCnHU64j3RhdXVkoO8LmDZnAsDbUvEFSTAwMDAwMg&meetingMasterEventId=IVUOwEbSvaADjHkdDtZ6A

Join Zoom Meeting

<https://us02web.zoom.us/j/86861216732?pwd=eSS7FXB81PxgWJEs020mRXa7x0HNXK.1>

Join and take notes

<https://us02web.zoom.us/j/86861216732?pwd=eSS7FXB81PxgWJEs020mRXa7x0HNXK.1&mynotes=on>

Meeting ID: 868 6121 6732

Passcode: 727826

One tap mobile

+13052241968,,86861216732#,,,,*727826# US

+16465588656,,86861216732#,,,,*727826# US (New York)

Join by SIP

• 86861216732@zoomcrc.com

Join instructions

https://us02web.zoom.us/meetings/86861216732/invitations?signature=PE3yWnQLJpj_3ZKyLhD-4wKCL7MqgOsP3czi2OggPzk

Topic: SKILLS 8PM US EST

Time: Oct 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/tZEqceGpqtHtOs4QDbHCBI-izpc4rH0R4C/ics?icsToken=DPJoXd1S06KjLZlAgAALAAALt3Pj9Vu1yHdemkfkwh4etGfKfppYDZfeh_xysD-mVcCCQluTsXEylxGPmZQOMNWBal3GB-FMneqB5zhzAwMDAwMg&meetingMasterEventId=s2PimM3HSyK1rLmdLwawvg

Join Zoom Meeting

<https://us02web.zoom.us/j/85768157747?pwd=5Ux5sP0W3Wp0ZPYcnp2GRTSrcwsuwo.1>

Join and take notes

<https://us02web.zoom.us/j/85768157747?pwd=5Ux5sP0W3Wp0ZPYcnp2GRTSrcwsuwo.1&mynotes=on>

Meeting ID: 857 6815 7747

Passcode: 222744

One tap mobile

+13052241968,,85768157747#,,,,*222744# US

+16465588656,,85768157747#,,,,*222744# US (New York)

Join by SIP

• 85768157747@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/85768157747?signature=kxgqaFJNTRJZfPtGUmpA-sCyb0JpKdxl7Uymz0K4z4>

Topic: Skills With Sara OCT 3 SATURDAY/ OCTOBER 4 SUNDAY

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us04web.zoom.us/j/73989349882?pwd=pEGnpCT7aqS1HbbEM7edBycoGHDqMv.1>

Meeting ID: 739 8934 9882

Passcode: jirr5z