D1Y

OCTOBER 2026

STRONGER TOGETHER

BOTH class times are included in the email.
Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: 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/meeting/tZYsc-6sqj4tH9Dt6oQL2lnHELsA1GYEu94O/ics?icsToken=DNH4c3QGfxhphDhESwAALAAAADz_uVCYoh_a7I3i0Ejuq_Fa2BN14txiZBKFYZqG7Jn1Al5OacdKlRumFmCZS2-LXtmscqdu-Qz5gObd4zAwMDAwMg&meetingMasterEventId=_snnW7KaT0-wFEeu1kvsrA

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/meetings/82147445754/invitations?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/tZwpfuGqpjIqHdKQ4W4WJa1Jn1WactE4C95H/ics?icsToken=DCatilY7ktA-GINDPAAALAAAALB5T5RQbuxrmDKOvycajrRKXAAUxXUbMTp6dEydJfGh3jcM0hAyUxcpYOaz8FsjoeBoRaSZT3_7hAfe0TAwMDAwMg&meetingMasterEventId=F6qZ0a9xS6CiYfgu5SAiAg

Join Zoom Meeting
https://us02web.zoom.us/j/88498289076?pwd=4X8PoX4FvAUDTCjbEXjFxU5IRjy23y.1

Join and take notes
https://us02web.zoom.us/j/88498289076?pwd=4X8PoX4FvAUDTCjbEXjFxU5IRjy23y.1&mynotes=on

Meeting ID: 884 9828 9076
Passcode: 768716

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

Join by SIP
• 88498289076@zoomcrc.com

Join instructions
https://us02web.zoom.us/meetings/88498289076/invitations?signature=_KZ3E3TbTd70_1qc0cpw4FjOy_LDZ_DdkETQQ2JRDBE