

## RESOURCES TO STAY PHYSICALLY AND MENTALLY HEALTHY DURING THE CORONAVIRUS PANDEMIC

<p><b>Yoga</b></p>	<p><a href="https://www.downunderyoga.com/boston-yoga-schedule">https://www.downunderyoga.com/boston-yoga-schedule</a> (Livestream - Free on Thursday 3-4PM)</p> <p><a href="https://www.jpcentreyoga.com/">https://www.jpcentreyoga.com/</a> (Livestream - Pay what you can)</p> <p><a href="http://www.bluebirdskyyoga.com">http://www.bluebirdskyyoga.com</a> (Livestream - Discounted)</p> <p><a href="https://www.corepoweryogaondemand.com/keep-up-your-practice">https://www.corepoweryogaondemand.com/keep-up-your-practice</a> (Livestream - Discounted)</p> <p><a href="https://uttarayogastudio.com">https://uttarayogastudio.com</a> (Livestream - Discounted)</p> <p><a href="https://www.yogaindetroit.com/virtual-sessions">https://www.yogaindetroit.com/virtual-sessions</a> (Livestream)</p> <p><a href="https://saltlakepoweryoga.com/schedule">https://saltlakepoweryoga.com/schedule</a> (Livestream - Free)</p> <p><a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a> (Pre-recorded - Free)</p> <p><a href="https://www.yogasix.com/go">https://www.yogasix.com/go</a> (Pre-recorded - Free Trial w/ code: GOY6)</p> <p><a href="https://bodypositiveyoga.com/7-day-yoga-exploration/">https://bodypositiveyoga.com/7-day-yoga-exploration/</a> (Pre-recorded - Free Trial)</p> <p><a href="https://www.ioyn.co/">https://www.ioyn.co/</a> (Pre-recorded - Free Trial)</p> <p><a href="https://www.youtube.com/user/yogawithkassandra">https://www.youtube.com/user/yogawithkassandra</a> (Pre-recorded - Free)</p>
<p><b>Pilates</b></p>	<p><a href="https://pilatesology.com/free-at-home-workout/">https://pilatesology.com/free-at-home-workout/</a> (Pre-recorded - Free)</p> <p><a href="https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-IdA">https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-IdA</a> (Pre-recorded - Free)</p>
<p><b>Dance</b></p>	<p><a href="https://drive.google.com/open?id=1Sg6Trhp9Zdlp3YUxP0UBnqISzqiljUAP">https://drive.google.com/open?id=1Sg6Trhp9Zdlp3YUxP0UBnqISzqiljUAP</a> (Pre-Recorded – Free – Baby and Teen Ballet)</p> <p><a href="https://www.youtube.com/user/305Fitness">https://www.youtube.com/user/305Fitness</a> (Pre-Recorded – Free)</p> <p><a href="https://www.youtube.com/user/TheFitnessMarshall">https://www.youtube.com/user/TheFitnessMarshall</a> (Pre-Recorded – Free - Hip hop)</p> <p><a href="https://go.dancechurch.com/">https://go.dancechurch.com/</a> (Live Stream – Free at Certain Times)</p> <p><a href="#">Mark Kanemura (@mkik808)</a> (Live Stream – Free at 2pm PST via Instagram)</p>

	<p><a href="#">Ryan Heffington Public (@ryanheffington)</a> (Live Stream – Free at 10am PST via Instagram)</p> <p><a href="https://www.youtube.com/user/dopungra">https://www.youtube.com/user/dopungra</a> (Pre-Recorded – Free - Bhangra)</p> <p><a href="https://www.youtube.com/channel/UCoYdUpxhKHBV4TIEuej3QQ">https://www.youtube.com/channel/UCoYdUpxhKHBV4TIEuej3QQ</a> (Live Stream and Pre-Recorded - Ballet)</p>
<b>Various Fitness</b>	<p><a href="https://www.youtube.com/watch?v=YGbHJgDPC4c&amp;feature=youtu.be">https://www.youtube.com/watch?v=YGbHJgDPC4c&amp;feature=youtu.be</a> (Pre-Recorded – Free - Taichi)</p> <p><a href="http://www.darebee.com">www.darebee.com</a> - (Pre-Recorded – Free – Stretching and Various Exercises)</p> <p><a href="https://www.crossfit.com/at-home/workouts">https://www.crossfit.com/at-home/workouts</a> (Pre-Recorded – Free - CrossFit)</p> <p><a href="https://www.fitnessblender.com/videos">https://www.fitnessblender.com/videos</a> (Pre-Recorded – Free – Various Exercises)</p> <p><a href="https://www.youtube.com/channel/UCVI6ZdsIz2Zj-34bMJFPbg">https://www.youtube.com/channel/UCVI6ZdsIz2Zj-34bMJFPbg</a> (Pre-Recorded – Free – Walking)</p>
<b>Mindfulness and Meditation</b>	<p><a href="https://yogaindetroit.com/resources">https://yogaindetroit.com/resources</a> (Free - Meditation)</p> <p><a href="https://palousemindfulness.com">https://palousemindfulness.com</a> (Free - Mindfulness-Based stress Reduction)</p> <p><a href="https://mindfulnessexercises.com/free-online-mindfulness-courses/">https://mindfulnessexercises.com/free-online-mindfulness-courses/</a> (Free - check the “free” box – Mindfulness)</p> <p><a href="http://www.freemindfulness.org/download">http://www.freemindfulness.org/download</a> (Free – Mindfulness)</p> <p><a href="http://marc.ucla.edu/body.cfm?id=22">http://marc.ucla.edu/body.cfm?id=22</a> (Free - UCLA Health Guided Meditations great for beginners)</p> <p><a href="http://www.meditationoasis.com/podcast/">http://www.meditationoasis.com/podcast/</a></p> <p><a href="https://dharmaseed.org/talks/">https://dharmaseed.org/talks/</a> (Free – Meditations and Talks)</p> <p><a href="https://www.youtube.com/user/TheHonestGuys/playlists">https://www.youtube.com/user/TheHonestGuys/playlists</a> (Free – Meditation and Relaxing Music)</p> <p><a href="https://www.youtube.com/user/MichaelSealey/playlists">https://www.youtube.com/user/MichaelSealey/playlists</a> (Free – Positive Hypnosis and Meditation)</p> <p><a href="https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWVS1recTqXhf?si=r-GpdVKQSiAg0EIIInjEw">https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWVS1recTqXhf?si=r-GpdVKQSiAg0EIIInjEw</a> (Spotify Playlist for Meditation)</p> <p><a href="https://self-compassion.org/category/exercises/#guided-meditations">https://self-compassion.org/category/exercises/#guided-meditations</a> (Free - Self-Compassion Meditation)</p> <p><a href="https://mindfulnessexercises.com/free-online-mindfulness-courses/mindfulness-of-eating/">https://mindfulnessexercises.com/free-online-mindfulness-courses/mindfulness-of-eating/</a> (Free - Mindful Eating)</p> <p><a href="https://jour.com">https://jour.com</a> (Free – Journaling App)</p>

**Books**

[Many authors on Amazon are making their books available for free. Click on the "100 top free" tab at the top of the page and find a book to read and help you relax.](#)

<https://www.overdrive.com/apps/libby/> (Free audiobooks and ebooks from local library)

<http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html> (Free - Coloring Books)

checkout. <https://classes.brit.co/learn/>

Self-Soothing: <https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

Glimpses of regular life in HD from the streets in various International locations (ambiance, meditation):

<https://www.youtube.com/user/pabrets/videos>