

# VIRTUAL WELLNESS

## 1. Core Power Yoga

It's time for some yoga!!! [Core Power Yoga](#) has posted over a dozen guided yoga routines you can do from home for free!

## 2. HOW TO SEE CONCERTS

<https://www.ozy.com/the-new-and-the-next/how-to-see-concerts-shows-for-free-during-social-distancing/290279/>

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### How to See Concerts & Shows for Free During Social Distancing

As you practice social distancing, it's important not to give up on the better parts of life. Like music and art.

[www.ozy.com](http://www.ozy.com)

## 3. No Gym? No Problem!

Planet Fitness is releasing a free video every night at 7pm with an exercise routine you can do from home! Here is their YouTube link for their first video that was released on March 17<sup>th</sup> [Free Home Work-Out](#)

## 4. The Washington Post: Travel: 12 museums and historic historical you can tour from your couch

Take 5 minutes and escape the drama:

<https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>