Stay Active!
Pick a set time that you are planning to workout during the day. This is helpful even when working from home. It's easy to say “oh I'll do that later”, but then you tend to lose motivation and it never happens. Pick a time in advance, make a plan what the workout/activity will be and then hold yourself accountable!

Yoga from BCRD Instructor Tyia Wilson
https://www.youtube.com/watch?v=6eYFKp5r5SY&feature=youtu.be
Core Activate
https://www.youtube.com/watch?v=b6vDRUcOlpU&feature=youtu.be
Tadagi Too
https://www.youtube.com/watch?v=SChA3CCGl0k&feature=youtu.be
Tadagi Mudra
https://www.youtube.com/watch?v=wxKwDGFfvyY&feature=youtu.be
Stable Arms
https://www.youtube.com/watch?v=qzkbQHNPPKM&feature=youtu.be
Breathe with Me
https://www.youtube.com/watch?v=fy7obAA-gpo&feature=youtu.be
Gentle Yoga and Sound
https://www.youtube.com/watch?v=9gGrNCjUM7U&feature=youtu.be
Breathe and Ground

Yoga from BCRD Instructor Shawn Phillips
@shawnphillipsyoga
Live daily classes on Instagram, 8:00-8:30ish a.m.
https://www.youtube.com/watch?v=J6_ZluGxuLg
Gentle Yoga, Breathe and Hips (reclined)
https://shawnphillipsyoga.com/
Yoga Classes and Info

Sound Bowl Yoga Videos with BCRD Instructor Jennifer Kuhlmann
https://m.youtube.com/watch?feature=share&v=3sA7ow1aLTo
Sound Bowl Yoga Video #1
https://m.youtube.com/watch?v=DCNRQ9p9i0I
Sound Bowl Yoga Video #2 (more sound than video #1)

Yoga Videos
https://www.youtube.com/watch?v=P0hYNRxK_dg
A Basic Mat Class
https://www.youtube.com/watch?v=r8oRWsW0f4Y
Groundwork Level I
Groundwork Level II Beautiful Beach Setting
https://www.youtube.com/watch?v=r8oRWsW0f4Y

Groundwork Level III Beautiful Beach Setting
https://lifehacker.com/this-is-a-7-minute-yoga-routine-that-will-actually-relax-1793244072

7-minute yoga routine that will Actually Relax you
https://www.youtube.com/watch?v=NMYSRCCLeGw

Rodney Yee
https://www.youtube.com/watch?v=yC6ugb8M8D8&list=PLrD2rEG2plhElbeHVNPcMzMOFyL6xNFj

Erich Schiffmann

Pilates Videos
https://upsidedownpilates.com
Good site to visit for info & videos
https://youtu.be/RDQmnzuE2q4
25-minute Pilates Workout Tone Abs, Butt, and Arms

Feldenkrais Videos
https://feldenkrais.com/awareness-movement-atm-classes/
From the Feldenkrais Educational Foundation of North America.
https://www.youtube.com/watch?v=JWkUkmbQ94k,
https://www.youtube.com/watch?v=YzugVI5JA7c
Jodie Krantz Feldenkrais Videos
Do these two videos back to back if possible, about a half hour or less.

Full Body Workouts
https://runningonrealfood.com/no-equipment-strength-training-workout/
Strength Circuit Workout without Weights
https://runningonrealfood.com/45-minute-no-equipment-hiit-workout/
H.I.I.T Workout 45 Minutes No Equipment
https://www.youtube.com/watch?v=NVDTlSBdHKg
35 Minute Nike H.I.I.T Workout

Health Inspiration
https://runningonrealfood.com/category/workouts/
Ideas for Recipes, Workouts, and Health
https://www.popsugar.com/fitness/
Ideas for Fitness, Family, and Living and much more....

Stretching Videos
https://vitals.lifehacker.com/its-time-for-shoulder-stretches-1842528066
Shoulder Stretches
https://youtu.be/qULTwquOuT4?t=20
Stretching to gain more flexibility 30 minutes
Music that Moves You: Our Favorite Pandora Stations
Cabin Party Radio
Poolside: Miami Chill
Alternative Endurance
Beastie Boys Radio
The White Stripes Radio

Some Spotify Playlists
https://open.spotify.com/playlist/23HdKatQKSRLWFCY6YoVWB?si=U7QQhoOktqcxzoUSQevhQh
Get Revved Up! 2020
https://open.spotify.com/playlist/44jVypaWUKtyAxDRJv3amo?si=pbzXMdfWSBGvZ7Ml4mdG_w
Power Circuit 2020