

WORKOUTS/WELL-BEING

ERIN BOSCOW ZUMBA (THE PAS) <https://www.youtube.com/channel/UCQVaQj-xMmvwkZlZNB3msgg>

AURORA SACRED HEALING CENTRE (FACEBOOK AND ZOOM LIVE) <https://www.facebook.com/aurorasacredhealing/>

CARDIO DANCE LIVESTREAM WORKOUTS https://www.youtube.com/channel/UCITBXIWPx7L_jhJ_vdRAu-A

MORNING FACEBOOK LIVE <https://www.facebook.com/BlinkFitness/>

WOMEN FOCUS - DAILY WORKOUTS <https://www.instagram.com/bodybarre/>

BOXING (INCLUDING AT HOME TRAINING) <https://www.youtube.com/channel/UCJ6J1r5u8CFsbyVZ03A6laQ>

INSTAGRAM LIVE <https://www.instagram.com/sopearin/>

DAILY INSTAGRAM LIVE HIIT <https://www.instagram.com/fitsqr/>

FACEBOOK LIVE AT HOME <https://www.facebook.com/Paradigmfitnessmtl/>

FACEBOOK LIVE EVENING WORKOUT <https://www.facebook.com/PlanetFitnessCanada/>

MINDFULNESS MEDITATION <https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

MEDITATION <https://www.onlinemeditation.org/>

LIVESTREAM MINDFULNESS <https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/Mindfulness-and-Compassion-Resources.aspx>

MINDFULNESS AND MEDITATION <http://www.freemindfulness.org/download>

SOUND MEDITATION (LIVESTREAM SUNDAYS) <https://www.thedojojupstate.com/livestream>

NATURE SOUNDS <https://www.facebook.com/buzzfeedbringme/videos/648902349009577/>

YMCA FITNESS <https://ymca360.org/on-demand#/>

DANCE LIVESTREAMS <https://www.dancingalonetgether.org/classes>