



Sanity Savers

The **goal** of this document is to list anything and everything that will keep us sane and fit while WFH. Please add virtual workouts, TV shows, books, movies, podcasts, etc. that you like. Please include links, discount codes, or which streaming service if available on wherever possible. Please be mindful that this doc was originally intended for Salesforce employees so some links are to Salesforce-specific resources. If you would like to share with customers and friends you are more than welcome to. Want to share with people who don't use Quip? Export as a PDF!

Workouts (all **FREE** unless noted otherwise)

Yoga

- YogaGlo - Online streaming, 7 day free trial. \$16.99/mo.
 - 10min [Kia Miller Immune System Booster](#)
 - 30min [Kia Miller Detox for Health & Happiness](#)
- [Nat Kendall: Online yoga classes](#). Check out his Instagram and sign up to attend
- [Lauren Cohen Yoga](#): One of the best yoga teachers offers deep heart-opening yoga practice online
- [Down Dog App: Free classes now until July 1st](#)
- Priya Kasturi: Yoga, Cardio, and Mindfulness for Resilience classes - free and donation-based directly to non-profit: <https://forms.gle/Tw9aojfAMgi2BUfZ9>
- Modo Yoga - Classes on [Instagram Live](#), suggested Venmo/PayPal donations **Donations Requested**
- [CorePower On-Demand](#) is free for the time while their studios are closed
- Lunch time yoga pop-up: [Yoga classes](#): **Donations Requested**
- [DownDog apps](#) are free the rest of this month - including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
- [YogaWorks](#) - Free online yoga!
- [Yoga with Adriene](#) - free YouTube classes; has 30-day yoga journeys as well
- [Alo yoga youtube channel](#)
- Fly Ldn - free Live streaming yoga & barre classes on [Instagram](#)
- [Alo Moves App](#) - free 14 day trial (yoga, meditation, fitness)
- [Five Parks Yoga](#) - free youtube videos
- [Boho beautiful youtube channel](#) (consider supporting them [on patreon](#)) **Donations Requested**
- Black Swan Yoga-Texas donation based yoga studio. They are doing live streamed classes at designated times: <https://blackswanyoga.com/live-feeds/>
- <https://www.yoga2point0.com/> - Virtual Yoga Strength, Strength/Flow, Flow, etc. **Donations Requested(\$10/class)**
- [Moxie yoga](#)
- [Underbelly Yoga](#) with Yessamyn Stanley - great body-positive yoga instructor, lots of modifications available for beginners (14 day free trial)
- <https://www.doyogawithme.com/> Many different styles of yoga at beginner to advanced levels. Lots of free content.

- Cosmic Kids - free yoga for kids, with interactive storytelling <https://www.cosmickids.com/>
- Santa Barbara Yoga Collective - procore.zoom.us/j/6275906820 | Meeting ID: 590 6820
 - M/W/F 12pm and 6:30pm PT (30 min) - Power Yoga
 - Sat/Sun 10:30am PT (60 min) - Power Yoga
 - Sun 6pm PT (60 min) - Yin Yoga
- [Kate Szekely](#) is live streaming yoga classes on Instagram: [kszek](#) and Facebook: [Kate Szekely](#)
 - Tuesdays and Saturdays at 11am EST.
 - Thursdays at 6pm EST.
 - Donations venmo or PayPal (keszekely@gmail.com) **Donations Requested**

HIIT

- Duality Fitness in Colorado is hosting [live stream workouts for Salesforce employees](#)
- [7-minutes workout app](#) - a great HIIT workout
- HIIT classes from [Jeanette Jenkins on PopSugar](#)
- [Bodweight HIIT workout](#)
- [Les Mills](#)- Tons of different workouts online
- [Fhitting Room On-Demand](#) - **Paid**
- [StudioThree](#) - Instagram Live classes at @7:30am, 12:00pm, and 5:30pm CST every day
- [Fitnessblender.com](#) - not just HIIT, but does have a lot of great HIIT options. Tons of free workouts for every fitness level, and you can sort by duration/intensity/focus area etc. Always free!
- Rumble - [@DoYouRumble](#) - follow this on IG. Starting March 18th, they'll be hosting HIIT classes live where you won't need equipment
- [📎 HIIT_At Home Guide.pdf](#) - no equipment necessary!
- Peloton app has a free 90 day trial with 10, 15, 20 minute HIIT classes
- Orangetheory is posting a free, daily workout [here](#)
- <https://fitonapp.com/> High quality workouts, stretches, weights / cardio
- [Big Fit Girl App](#) - body-positive fitness classes with Louise Green, 30 day free trial. Sign up via website or app
- [The Bodycoach TV](#) - 20min video fitness - He is also doing some Instagram live
- The [sculpt society app](#) - virtual workout app, 14 day free trial.
- Santa Barbara Yoga Collective - procore.zoom.us/j/6275906820 | Meeting ID: 590 6820
 - HIIT - Tues/Thurs 12pm PT (30 min)
- Beachbody on Demand - Less than \$99 annual subscription
- Personal trainer doing HIIT Classes at home at various times, sign up [here](#)
- [Betty Rocker](#) - Sculpting and toning HIIT workouts
- [Kobox](#) - A class that mixes boxing with HIIT and weight training - Instagram Live classes at @10:00am
- [F45](#) - \$30 for daily workouts
- [Shadowbox](#) - free virtual shadow boxing classes

Pilates

- Solidcore - [15 minute on demand pilates workout](#) ; [20-minute Instagram Live Workouts](#)
- [Pilates streaming workouts](#)

- [Blogilates](#) free youtube workouts
- Melissa Wood Health: 2 week free trial, \$9.99 per month after that; good full body pilates, toning, lengthening, flow series. Variety of length of workouts (10 minutes to an hour)
- Pilates at Home: [LIVE Online Mat Classes](#) **Donations Requested**
- Instagram Live! [@pilatesworksny](#) live class Saturday AM!
- [Tracy Ryan Pilates](#) - YouTube Videos

Running

- Nike Run Club on the Apple Watch - use to track your running pace
- [Couch to 5K App](#) for those that want to improve on running
- Walk Run with your kids
- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)
- Mile High Run Club - [@milehighrunclub](#) - follow this on IG. They are streaming at-home workouts throughout the day, every day, from their running coaches and trainers!
- [Zombies, Run!](#) app to add some excitement to your run
- Mile High Run Club - [@milehighrunclub](#) They are streaming at-home workouts throughout the day, every day, from their running coaches and trainers! Biking
- [Zwift](#) - Virtual cycling, rides, training and races. Can go with:
- [Wahoo Kickr indoor bike trainer](#) on deep discount (still \$749 — this is targeted to more serious cyclists but it's an amazing machine)

Dance

- [Wollendance.com](#) - You get 14 days free to access the live streaming classes (teacher w/no students from several studios including LaDancefit) and on-demand classes (teacher with students). Past the 14 days you can use manu20 code to get 20% discount.
- Dance Church - <https://go.dancechurch.com/>
- [Tiler Peck](#) (NYC Ballet Principal Dancer) is doing live streamed ballet classes M-F 10am PT/1pm ET on Instagram
- <http://steezy.co/> Free dance classes in different styles
- [justdancenow.com](#) Interactive dance game - connect with mobile app and just copy the moves - multi player supported
- **Instagram Live!** ([@heelsandfeelsuk](#), [@sammileejayne](#), [@raestudiossf](#), [@flydancestudiodublin](#) and more)
- <https://www.youtube.com/user/TheFitnessMarshall> - build your own dance cardio workout playlist
- [Forward Space](#) - Instagram Live Dance workouts everyday at 2:05pm EST, 4 song dance breaks
- [Zumba](#) - Saturday 3/21 @ 10am PT - Sign up ahead of time to get the link!
- [Fitness Marshall](#) - BOOTIES AT ATTENTION! Get ready to sweat yourself sexy with The Fitness Marshall!!

Other

- [ClassPass virtual workouts](#)—14 days free and there's a [Salesforce corporate discount](#)
- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)

- [Les Mills Classes](#) (lifting, air-boxing, yoga) - Free for 30 Days - [Link to Sign Up Here](#)
 - Some of their classes are also available for free [here](#) (no account needed)
- The Class - [14 day free trial](#) .
- AArmy — Classes on [Instagram Live](#)
- Tracey Anderson Method - [2 weeks free](#)
- [Carolyn Bathauer's Workout at Home Videos](#) for Salesforce Employees
- Future.fit app and Shred app
- Beachbody on Demand - Recommend 'The Insanity Series'
- Obe Fitness - Free 30 Day Membership (Facebook + Clients)
 - Obé Fitness, an at-home fitness company offering live and on-demand classes (think Soul Cycle meets exercise videos), has extended one month free for Facebookers and clients! **Promo Code:** FACEBOOK
- [15 Online Workouts You Can Do At Home, Instead Of At The Gym](#)
- [3 week upper back and shoulder program](#).
- Jump rope (if you have a jump rope)
- [MadFit](#) - great at home workouts; mostly body weight, but some have equipment
- [BodyFit by Amy](#) - at home workouts, both body weight and with dumbbells/kettlebells
- Gerard Iervolino's 3-Week 30-Minute Workout Program with How-To Videos: [Google Sheet](#)
- Aaptiv - offers a variety of structured workouts that can be filtered by equipment and type of workout! You can typically find a promo code for 50% off so it's only \$50 for the entire year!
- [Kelsey Letto](#) - free yoga classes, dance classes, workshops (SF Based)
- Ceiling mounted pull up bar to work out the upper body and doing leg lifts on the bar for core work out
- Livestrong - [10 full body workouts, each 35 minutes](#) - no equipment needed
- [12 MinAthlete](#) - good for those who do not have equipment at home
- Follow [@comptrain.co](#) on Instagram for free daily bodyweight workouts
- Nike Training App - tons of free HIIT classes as well as stretching, yoga, cardio..etc
- [8-minute abs](#) -older video but it is a GREAT abs work out,
- [8-minute buns](#) - no equipment needed
- [Strength and HIIT classes](#) - Female Quotient is hosting various 9am PT virtual workouts
- Brit + Co classes are free for the next two weeks: <https://classes.brit.co/learn/> → you will need to use coupon code SELFCARE at the checkout
- [Tone it Up](#) app is free for the next month
- [Les Mills](#) free at home workouts
- [Health and wellness classes](#) on Creative Live
- [The Assembly](#) - Streaming all their workouts (based in SF) for \$10/class or less

TV Shows

Netflix

Want to watch with friends? <https://www.netflixparty.com/>

- Love is Blind
- YOU

- Grey's Anatomy (15 seasons)
- Locke & Key
- The Trials of Gabriel Fernandez
- Witcher
- Dirty John
- Broadchurch
- Grace & Frankie
- Arrested Development
- Outlander
- The Ranch
- Queen of the South
- Cheer
- The Kominsky Method
- The Office
- Jane the Virgin
- Schitt's Creek (Seasons 1-5 on Netflix, Season 6 airing now on POPTV)
- The Crown
- Manifest
- Don't F**ck with Cats (Netflix)
- The Good Place (more seasons on Hulu!)
- Luther
- Lucifer
- Peaky Blinders
- Crazy Ex-Girlfriend
- Better Call Saul
- Altered Carbon
- The end of the f***ing world
- Another Life
- good girls
- Money Heist
- Atypical
- Something in the Rain (Korean Romcom)
- Crash Landing on You (Korean Romcom)
- Kingdom (Korean zombie series)
- Dark (turn on subtitles or dubbing)
- OA
- Glitch (for those of us missing Australian accents)
- Sherlock (for those of missing British accents)
- The Stranger (short Thriller series)
- Safe (short Thriller series)
- Top Boy

- Bodyguard
- Peaky Blinders
- The Politician
- Younger
- Cheer
- Mindhunter
- Justified
- The Magicians
- It's Always Sunny In Philadelphia
- Peep Show (9 seasons)
- Mad Men (7 seasons)
- Sense 8
- The Spy
- Chill with Bob Ross
- The Good Place
- The Pharmacist
- Dead to Me
- Sex Education
- Ozark
- The Crown
- After Life
- Black Mirror
- Itaewon Class
- Prison Playbook
- The IT Crowd
- Castlevania
- The Other Two
- Dirty Money (HSBC Episode is my favorite!)
- Rise of Empires: Ottoman
- Fauda (if you liked Homeland, this is Homeland shot from the Israeli and Palestinian perspective)
- Designated Survivor
- Narcos
- Gentrified
- The Killing
- Die Brücke(turn on subtitles)
- New Amsterdam (kind of like Gray's Anatomy but with more social conscience twist)
- Chef's Table
- 100 Humans
- Marianne (French horror series)
- Reign
- Godless

- Person of Interest
- Umbrella Academy

Hulu

- High Fidelity
- Shril
- Handmaid's Tale (Hulu)
- Castle Rock (Hulu - get your Stephen King fix)
- Brooklyn Nine-Nine
- Scream Queens
- American Horror Story
- Little Fires Everywhere
- Homeland
- Younger
- 4 weddings and a funeral
- Killing Eve
- Little Fires Everywhere
- P3N15 (immature name — hilarious show)

Amazon

- Marvelous Mrs. Maisel
- Veep
- Flight of the Conchords
- Fleabag
- Curb Your Enthusiasm (Current season airing on HBO!)
- Unreal
- Good Omens
- The Boys
- Hunters
- Man in the High Castle
- Jack Ryan
- Fear The Walking Dead
- Parenthood
- Treadstone
- Picard
- The Expanse
- Battlestar Galactica (2004 - 4 massive seasons)
- Goliath

- Queen Sono
- Burning love
- Handmaid's Tale
- 30 Rock

Other

- The Stranger
- Succession (HBO)
- Ozark - Netflix
- McMillions - HBO (McDonald's con documentary)
- Kim's Convenience
- Shameless
- Game of Thrones
- My Brilliant Friend (HBO)
- Hornblower (an oldy but a goody, am I right?)
- Last Man on Earth
- Seinfeld
- Always Sunny in Philadelphia
- Chernobyl (HBO, kinda current since there was a botched government quarantine response then too)
- The Plot Against America (HBO, show JUST started on 3/16)
- High Maintenance (HBO)
- Westworld (Season 3 just started on HBO!)
- Stream all the BBC/British TV favorites on [BritBox](#) (7 day free trial)
- Stargirl (Disney+)...good movie for parents with young teenage boys/girls
- Mandalorian (Disney +)
- Insecure (HBO)
- Supernatural (15 seasons!)
- The Walking Dead (10 seasons)
- **Billions**
- The Loudest Voice
- The Bold Type
- Mystery Science Theater 3000 (TubiTV has over 100 episodes - free streaming service that is ad-supported)
- Community (might be on Hulu?) It is!
- Viki has a lot of korean shows
 - Master in the House
 - Weightlifting fairy Kim Bok-Joo

Movies

- **JOJO RABBIT**
- Hunt for the Wilderpeople

- Romi and Michelle
- Alien (1979, Amazon Prime)
- You've Got Mail
- Knives Out
- Marriage Story
- Sean's [Movie List](#) - happy to make curated recommendations
- Shutter Island (Netflix)
- Interstellar (Amazon Prime)
- Parasite (Amazon Prime)
- Bombshell
- [All Broadway Musicals Ever](#) (\$5 monthly donation to PBS)
- Zodiac (A little gory - it is the documentary of the serial killer in late 60's, early 70's)
- [Where to stream all your favorite musicals](#)
- Dumplin
- Peanut Butter Falcon
- [Curiosity Stream](#)

Virtual Experiences/Activities

- [Metropolitan Opera to Offer Up 'Nightly Met Opera Streams'](#)
- [12 Famous Museums Offer Virtual Tours](#)
- [Quarantainment](#) - crowd sourced google doc from [Alexandra Iyer's post on org62](#)
- Virtual Field Trips - [zoos](#), [animal cameras](#), [museums](#), etc.
- [NPR's list of Virtual Concerts](#) - living document
- Romper took the time to find [Virtual Rides at Disney](#) documented on YouTube and other sources.
- [Brit.co/learn](#) - two weeks free with code SELFCARE
- [Netflix Watch Party App](#)
- [Jewish Museum](#)
- [How to watch theater around the world from your home](#)
- [Gucci Osteria's Massimo Bottura Virtual Cooking Classes](#)
- The National Gallery of Art is giving [virtual tours](#)
- Live streamed art exhibitions from [The Social Distancing Festival](#)
- Learn a new language from a native-speaking language teacher: <https://www.verbling.com/>
- Learn a new instrument from a music teacher online: <https://takelessons.com/>
- Virtual Shabbat dinners w/ [OneTable](#)
- [The Wing](#) - Hosting digital experiences free for non-members as well
- [@officialbroadwayworld](#) Living Room Concerts on their instagram page
- [Nashville Local Musicians Live Streams](#) Support Nashville's local artist especially after the tornado+CV
- [Houseparty App](#) (social app for friends and fam)

Live Animal + Pet Webcams

- [Kitten Rescue](#)
- [Kitten Academy](#)
- [Dog Bless You](#)
- [San Diego Zoo Live Cams](#)
- [Monterey Bay Aquarium Penguin Live Cam](#)
- [367 Collins St Melbourne Falcon Live Cam](#)
- [Georgia Aquarium Live Stream](#)
- [Toronto Ripley's Aquarium Shark Cam](#)
- [Zoos Victoria](#) - live-streaming the Zoo's across Victoria, Australia so you can enjoy #AnimalsAtHome
- [Decorah Eagles](#)

Books

- [Radical Acceptance](#) by Tara Brach
- [Rising Strong](#) by Brene Brown
- [#PracticeKindness e-book](#) from Search Inside Yourself Leadership Institute **
- [When Things Fall Apart](#) by Pema Chodren
- [Search Inside Yourself](#) by Chade Meng Tan **
- [Altered Traits](#) by Dan Goleman and Richie Davidson **
- [Sapiens: A Brief History of Humankind](#) by Yuval Noah Harari **
- Have a library card? Download Libby, Overdrive or Hoopla to access free library ebooks, audiobooks, and more
- Scribd (offering their entire library for free for 1 month)
- [Audible Stories](#) - kid stories are free while school is on pause
- [Word eBook](#) - kid stories are free while school is on pause
- Fantasy/Sci-Fi/Magic
 - [The Orion Adventure](#) (Check out a great fantasy adventure novel written by one of your fellow PMMs. Kids 12 and up will love it, too)
 - All of Harry Potter on Audible read by Stephen Fry
 - Red Rising Series by Pierce Brown
 - [That Crazy Perfect Someday](#) (Check out a super awesome surf sci fi book written by Salesforce's Lead Brand Designer - Mike Mazza)
 - Mistborn Series by Brandon Sanderson
 - Shades of Magic Series by V.E. Schwab
 - The Kingkiller Chronicle Series by Patrick Rothfuss
 - Dark Matter by Blake Crouch
 - Recursion by Blake Crouch
 - Ready Player One by Ernest Cline
 - Discworld series by Terry Pratchett
 - The Night Angel Trilogy by Brent Weeks
 - Old Mans War Trilogy by John Scalzi
 - Blindsight by Peter Watts
 - The Broken Earth Trilogy by N. K. Jemisin

- [Jonathan Strange and Mr. Norrell](#)
- The Great Book of Amber
- The Wheel of Time Series
- Mystery/Crime
 - Dan Brown - Origin
 - Dan Brown - any of them....they are all great
 - The whole [Harry Hole](#) book series by Jo Nesbø
 - The Goldfinch by Donna Tart
 - The Woman in the Window by A.J. Finn
 - The 7 book series by [Nicci French](#) about Frieda Klein, a psychotherapist who becomes a detective in London
 - I Let You Go by Claire Mackintosh
 - Rubbernecker by Belinda Bauer
 - Sue Grafton series - super easy reading, runs thru alphabet, starts with "A is for Alibi"....you get the gist
- Historical Fiction
 - Outlander Series by Diana Gabaldon
 - The Alice Network by Kate Quinn
 - The Nightingale by Kristin Hannah
 - Kingsbridge Series by Ken Follett
 - The Century Trilogy Series by Ken Follett
 - The Tattooist of Auschwitz by Heather Morris
 - Life After Life by Kate Atkinson
 - Devil in the White City by Erik Larson
 - The Help
 - Josephine B
 - Pillars of the Earth
- Romance
 - The Vintage Girl's Guide to Love and Romance by Kirsty Greenwood
 - Don't You Forget About Me by Mhairi McFarlane
 - The Friend Zone by Abby Jimenez
 - The Kiss Quotient by Helen Hoang
 - Fight of Flight by Samantha Young
 - Sushi for Beginners by Marian Keyes
 - The Time Traveler's Wife by Audrey Niffenegger
- Mythological Fiction
 - Circe by Madeline Miller
 - The Song of Achilles by Madeline Miller
- Other Fiction
 - Beartown by Frederik Backman
 - Us Against You by Frederik Backman (sequel to Beartown)
 - A Man Called Ove by Frederik Backman
 - The Dinner List by Rebecca Searle

- The Immortalists by Chloe Benjamin
- Daisy Jones & The Six by Taylor Jenkins Reid
- The Night Circus by Erin Morgenstern
- The Illegal by Lawrence Hill
- The Snow Child by Eowyn Ivey
- The Art of Racing in the Rain by Garth Stein
- Three Day Road by Joseph Boyden
- Series of Unfortunate Events
- The Humans by Matt Haig
- This Perfect Day by Ira Levin
- Player Piano by Kurt Vonnegut
- Do Androids Dream of Electric Sheep by Ph.K.Dick
- Non - Fiction
 - Behind the Cloud by Marc Benioff
 - Trailblazer by Marc Benioff
 - Born a Crime: Stories from a South African Childhood by Trevor Noah
 - A Short History of Nearly Everything by Bill Bryson
 - Me Talk Pretty One Day by David Sedaris
 - When Breath Becomes Air
 - Human + Machine - brilliant read on the application of AI in life - sounds dull....totally awesome
 - The Selfish Gene by Richard Dawkins

Podcasts

- Red Handed
- The Missing Cryptoqueen
- Fake Heiress
- Crime Junkie
- ~~Geop~~
- Wait Wait! Don't Tell Me the NPR News Quiz
- **NPR - How I Built This**
- This American Life
- Today, Explained
- Science Friday
- Science VS
- The Daily from NYTimes
- Radiolab
- The Slowdown
- On the Media
- Spacepod
- Hidden Brain

- Code Switch
- Invisibilia
- Tara Brach - free guided meditation
- West Cork (audible only)
- Reply all
- Serial
- Dave Ramsey
- RichRoll
- Business Wars
- Code[ish]
- Stuff You Should Know
- Stuff You Missed in History Class
- Getting Curious with JVN
- TED Radio Hour
- Over the Road [Learn about what it's like to be a truck driver - responsible for transporting so much of everything that we buy, touch, eat, ...]
- Ear Hustle
- Point Mystic
- Sandra
- Criminal
- Bad Blood
- Tim Ferriss Show
- You're Wrong About
- Mike Rowe
- Dr. Death
- LadyGang
- The Stacks
- 99% Invisible
- Every Little Thing
- Reply All- dupe
- Feel Better, Live More (with Dr. Rangan Chatterjee - health life-hacks, expert advice that debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax.)
- The School of Greatness (Lewis shares inspiring stories from the most brilliant business minds, world class athletes and influential celebrities on the planet to help you find out what makes great people great.)
- The adventure zone
- The dream
- The shrink next door
- Grumpy old geeks
- My Favorite Murder- True crime Comedy Podcast
- Armchair Expert
- Love Letters

- Modern Love
- Second Life
- The Moth
- What I Wore When
- You're Dead to Me - BBC radio - "The history podcast for people who don't like history..."
- [NPR Chill music 6 hour playlist - Isle of Calm](#)
- Happier with Gretchen Rubin
- Head In The Game - podcast from CHSR about roleplaying games
- Reply All
- Blackout (Starring Ramy Malek)
- Freakonomics radio
- Up and Vanished (true crime)
- Chips with Everything - digital culture / technology podcast
- The Morning Toast
- School of Greatness
- Aubrey Marcus Podcast
- All of the Critical Role series — podcast and youtube/Twitch archives available
- Acquisitions Incorporated (Dungeons & Dragons game done as a podcast and youtube channel)
- Acq Inc: C Team (A spinoff game from the above Acq Inc sessions. Podcast and youtube/Twitch archives available.)
- [Philosophize This!](#)
- Making Sense with Sam Harris
- Mindscape with Sean Carroll
- The Psychology podcast with Dr. S.B.Kauffman
- The Archers (BBC Radio 4)
- Audio Dharma (from the Insight Meditation Center in Redwood City)

Spotify Playlists

- <https://open.spotify.com/playlist/19yAhCfXyPZwD3kNR6nsgH?si=pNgRCrUxQ1C5NB4yTj49dA>

Things for Kids

- [scholastic](#)
- [Cosmic Kids Yoga](#)
 - [Bookflix](#)
- [Monterey Bay Aquarium Sea Cam](#)
- [National Geographic Kids](#)
- [Lunch Doodles](#)
- [SF Public Library](#)
- <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>
- [30 Educational Netflix Shows](#)

- [Virtual Play Dates - Indy with Kids](#)
- [PS I Made This](#) - Instagram Videos on crafts and DIYs for young kids!
- also see [Hivemind: Strategies for working w/ Kids @ Home](#)
- [Save with Stories](#) - Instagram videos of celebrities reading favorite children's books, for when you want to read to your child but really would like someone else to do it...here you go!
- "[Virtual Windows on the World](#)" Aquariums, Vistas, and Views from the Ohana Blog
- The Cincinnati Zoo is doing a daily Home Safari session (3pm eastern, i think) <https://www.youtube.com/user/CincinnatiZooTube>
- [Art for Kids Hub](#) is a great youtube channel for doing art with kids (fun for adults to follow along too!)
- [Dreambox](#) - great math app that our school uses, but is offering free 90 day trials right now!
- [Kidz to Pros](#) - Online learning platform
- Learn [Martial Arts](#)
- [Virtual Field Trips](#) (Mars! Zoos! Yellowstone! and more!)
- "[Learning from Home](#)" Salesforce workbook
- [Educational programs on Netflix](#)
- [Cincinnati Zoo will go live in every day at 3pm ET with a different animal featured daily](#)
- [Virtual Field Trips](#)
- [Text "send me....." to 57251 and the San Francisco Museum of Modern Art will respond with an artwork from their collection. For example "Send Me Waves." You can then research the artist or work of art.](#)
- Interactive online kids parties: <https://captain-fantastic.co.uk/parties/online-interactive-parties/>
- [BBC Bitesize](#) - Learning and revision materials for primary, secondary & post 16. (UK only or use a VPN)
- [Storyline Online](#) - Actors reading children's books alongside creatively produced illustrations
- [Storytime with Ryan & Craig](#)
- [Center for Puppetry Arts](#) - puts on free live shows almost everyday

Educational

- [Online Ivy League Courses for Free](#)
- [Wise@Work](#) for workplace meditations
- Online meetings: [Google Hangout](#) or [Zoom](#) online video tools
- [Webinar: Search Inside Yourself Leadership Institute's upcoming webinar: Key Skills for the Next Decade](#)
- [OpenLearn](#) - Free online courses offered by the Open University
- [DuoLingo](#) - Learn a language for free.
- [Code Academy](#) - Learn to code for free.
- [Khan Academy](#) - Learn just about anything for free.
- [Online Learning Classes](#) - Free educational classes (\$\$ if you want to get certified)
- [Caoga Caoga](#) - Learn Irish for free

Meal Delivery Kits

- Butcher Box <http://fbuy.me/oS2qZ> (\$30 off coupon)
- [Hungry Root](#) - Healthy meal delivery **(US Only)**

- Spoonful of Comfort - <https://www.spoonfulofcomfort.com/>
- Green Chef - Paleo, Keto, Vegetarian, Vegan, Meat, Seafood options - <https://greenchef.com/>
- Daily Harvest (Organic farm to frozen meal delivery) - <https://www.daily-harvest.com/>
- Imperfect Produce - <https://www.imperfectfoods.com/>
- Methodology - gomethodology.com
- Crowd Cow - <https://www.crowdcow.com/>
- <https://www.freshly.com/> - Fully-prepared meals are delivered fresh, and ready to eat in 3 minutes
- DropChef - <https://dropchef.com/> - **(Ireland Only)** - Choose from 8 nutritionally balanced recipes each week, Easy to follow step-by-step recipe cards, Great for every cooking level, Have dinner on the table in 30mins on average
- Hello Fresh
- Fresh Prep - <https://www.freshprep.ca/> **(Canada Only)**
- [Private Chef Club](#) - San Francisco only

Mental Health

Breathwork

- **Breathwork & Meditation:** Reported benefits of this practice:
 - *Strengthened immunity, calm the mind, and create mental clarity*
 - *Increased lung capacity*
 - *Sense of calm and well-being*
 - *Relief from physical/emotional pain*
 - *Increased creativity*
 - *Promote an alkaline environment to boost disease resistance*
 - Here's a link to the [recording](#)
 - Here's an [RSVP for the next live event](#)

Meditation

- Free apple podcast, [Meditation Oasis](#), my [Mary Maddux](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#) **
- [Spirit Rock Livestream events and offerings](#)
- Meditation Apps: A few favorite include: [Insight Timer](#), [Dharma Seed](#) for dharma talks, [Headspace](#), [Heartfulness](#), and [Simple Habit](#)
- [Podcast - Tim Ferris and Jack Kornfield: How to Find Peace Amidst](#) **
- [COVID-19, How to Cultivate Calm in Chaos](#) **
- [Jeremy Lipkowitz: Meditation for Coronavirus Anxiety](#)
- [Kristin Neff's self-compassion meditations](#)
- [Steph Stern: Facing what's here with compassion](#)
- [Marianne Williamson coronavirus meditation](#)
- [Ten Percent Happier Free meditations in response to Corona Virus](#) **
- [Not Losing our Minds and Hearts When We Need Them Most](#) with Jon Kabat-Zinn. Hosted on March 25 at 1pm PDT
- [SIYLI Guided Meditations](#)

- [Calm App](#) - 30 days free
- [Headspace](#)
- [Stop. Breathe. Think](#)
- [YouTube Guided Meditations](#)
- [Camp B-Well Meditations](#) (Salesforce VPN required)
- [Insight Timer app](#) - 35,000 free guided meditations, podcasts, etc (categories: sleep, reiki, anxiety, depression, stress, mindfulness)
- [Liberate](#) - Meditation for People of Color
- [Gratitude App](#) - Free app for logging daily gratitude
- [Simple Habit App/Web](#)
- Community for Immunity | Daily Yoga- Medication class | <https://zoom.us/j/662567344>
 - Schedule (Classes at following Pacific times)
 - 8am (yoga)
 - 1045am (yoga)
 - 4pm (kids yoga) (Availability for week of March 16 for now)
 - 6pm (meditation)
 - Email community@hinduci.org for the latest schedule.
- **Scented Candles for relaxation** @ [bsweetgifts.co.uk](https://www.bsweetgifts.co.uk)
- [Wise at Work](#)
- [Meditative Story](#) - mentioned by Arianna Huffington on the CampBWell call on 3.23.2020

Anxiety & Body image issues - resources

This time at home with no access to gyms and no routine and the feeling of food insecurity can feel frightening to a lot of people with a history of food and body image issues.

Obviously this is no replacement for therapy, but if you're feeling anxious, these are some great resources. A lot of folks in that space on Instagram are also providing advice on how to get through this particularly difficult time.

- [Food Psych Podcast](#) with [Christy Harrison](#), Intuitive Eating Nutritionist and overall wealth of knowledge
- Insta: [bodyposipanda](#), [chr1styharrison](#), [laurathomasphd](#), [drjoshuawolrich](#), [thenerdnutritionist](#), [kenziebrenna](#), [bodyimage_therapist](#), [virgietovar](#)
- [Care for your Coronavirus Anxiety Toolkit](#)
- Books:
 - [Laura Thomas - Just Eat It](#)
 - [Intuitive Eating - Evelyn Tribole & Elyse Resch](#)
 - [The Body is not an Apology - Sonya Renee Taylor](#)
 - [The F*ck It Diet: Eating Should Be Easy - Caroline Dooner](#)

Addiction Support Resources

- [Narcotics Anonymous Online Meetings](#)
- [Alcoholics Anonymous Online Meetings](#)

Virtual VTO

- [Kindness of Strangers](#)
- [Zooniverse](#) - citizen science projects
- [Hot Mapping](#)
 - [Salesforce Mapping Guide: Validation](#)
 - [HotMapping_OSM_CreateAccount.pdf](#)
 - [Mapping Training](#)

Aquariums & Zoos

AMER

United States

Atlanta

Beluga Cam
Jelly Fish Cam
Ocean Voyageur Cam
Panda Cam
Southern Sea Otters

Houston

Chimpanzee Cam
Elephant Yard
Gorilla Cam
Rhino Cam

Maryland

Penguins

Monterey

Open Sea Cam (limited hours)
Coral Reef Cam (limited hours)
Kelp Forest Cam (limited hours)
Shark Cam (limited hours)
Jelly Fish Meditation

San Diego

Koala Cam

Tampa

Big Cat Rescue

EMEA

Botswana

Camp Kuzuma Elephants

Democratic Republic of Congo

Grace Gorillas

Dublin

African Safari Cam

Vancouver, Canada

[Vancouver Aquarium](#)

Vistas and Views

AMER

Canada

British Columbia

Cracoff Point

Ontario

[Mount Nemo](#)

[Bronte Creek Provincial Park](#)

[Rattlesnake Point](#)

[Bruce Trail](#)

United States

Arizona

Grand Canyon

California

Fremont

- Quarry Lakes (free parking and free fishing)

Catlina Island

Malibu

Topanga Beach

Colorado

Snowmass

Massachusetts

Nantucket
Provincetown
Salisbury Beach
Wellfleet

Washington

Mount Ranier
Olympia National Park

APAC

Australia

Sydney

Sydney Harbour

Fiji

Takoriki Island

Maldives

Meeru Island

New Zealand

Auckland

Skyline

Dunedin

St. Clair Beach

North Island

Whakatane Harbour

Taiwan

Taoyuan
Hutoushan Owl Forest

EMEA

France

Eiffel Tower

Germany

Hamburg

Greece

Santorini

Malta

Valetta

Portugal

Garajau

JPAC

Japan

Nikko

The Sacred Bridge

Shizuoka

Mount Fuji

LACA

Brazil

Rio de Janeiro

UKI

Ireland

River Shannon

Dublin/Wicklow Area

[Kilmashogue Trail](#)

[Masseys' Wood](#)

[Tibradden Wood](#)

[Ticknock Loop](#)

[Cruagh Wood](#)

Slievethoul and Lugg
Barnaslingan Wood
Bog of the Frogs

Lough Owler
Lough Dan
Lough Tay

[Dublin Mountains Way](#) (3 trails)

- 1) Shankill to Fairy Castle
- 2) Fairy Castle to Glenasmole
- 3) Glenasmole to Tallaght