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**COVID-19 At-Home Dance Online Resources**

As we all stay home, we can use this time for increased & detailed training, study and conditioning. At Magnify, we love to support you in these efforts. In addition to our LIVESTREAM classes (being frequently offered, check our social media for details!), here are some fantastic online resources for your use.

Our dance community is STRONG. We will get through this. Please stay safe and healthy. We wish the best to all our dancers and families. Seeing you on social media keeping your love of dance alive has been comforting. The whole Magnify Family can’t wait to dance with you again!

**Ballet Barre:**

Instagram Resources (streamed through livestream or IGTV)

**@common.conservatory**: 10:00am March 16th-20th

**@movement\_for\_hope**: check account for future updates/schedule

**@julliardschool:** on IGTV, check account for future updates/schedule

**@caryballet:** 9:00am March 17th

Youtube Resources

**Joy Womack:**

[Intermediate/Advanced Ballet Barre](https://www.youtube.com/watch?v=uznRKBJUu1c)

**Ashley Bouder:**

[NYCB Ballet Class Livestream](https://www.youtube.com/channel/UCoYdUpxhKHBV4TlEeuej3QQ)

**Kathryn Morgan:**

[Intermediate/Advanced Ballet Barre](https://www.youtube.com/watch?v=ZSIfgTOowYk&t=1683s)

[Advanced Ballet Barre](https://www.youtube.com/watch?v=QgPjDL7-ylY)

[Easy Ballet Barre Workout](https://www.youtube.com/watch?v=vR6ebjspI9E&list=PLGjHMNPqowdfuaIzONYmxbpZjzre5lQsc&index=8)

**Yoga Classes:**

 Instagram Resources (streamed through livestream or IGTV)

**@yogagardensf**: check account for future updates/schedule

**@movement\_for\_hope**: check account for future updates/schedule

 Youtube Resources

**Alo Yoga**:

[Power Vinyasa flow](https://www.youtube.com/watch?v=7ciS93shMNQ)

**Boho Beautiful**:

[Yoga for Flexibility and Strength](https://www.youtube.com/watch?v=W5rMIoqCZug&list=WL&index=157&t=0s)

[Total Body Yoga Flow](https://www.youtube.com/watch?v=NKiGZktresA&list=WL&index=155)

[Beginner Yoga Workout](https://www.youtube.com/watch?v=lFwejwmfUss&list=WL&index=154)

[Pilates Yoga Workout](https://www.youtube.com/watch?v=d74QgltJUnQ&list=WL&index=153)

 Online Resources

[Yoga On Demand](https://www.corepoweryogaondemand.com/keep-up-your-practice) (various classes)

**Fitness and Cross Training, Improv, Other:**

 Instagram Resources (streamed through livestream or IGTV)

 **@balletx.official**

**@movement\_for\_hope**: check account for future updates/schedule

Improv, cardio, open flow, ect.

**@yydcinc, @theyinyue**: on IGTV

Cardio, fitness, foco technique, choreography

**@movingforwarddallas**: check account for future updates/schedule

Improv (livestream March 17th, 12:00pm)

**@clistudios**: 4:00pm, through the link in bio

Various styles/teachers

**@kaatsbaan**: livestream 8:30am

Morning movement class/warm up

**@caryballet**: livestream March 17th, 12:00pm

Intermediate/Advanced Jazz Technique

**@freedancetraining**

**@jennifer.milner**

[Other Online options for training](https://www.dancemagazine.com/online-dance-classes-2645462403.html): some are not free, prices for classes and private lessons listed.

**More Non-Dance Related Resources:**

* Scholastic offers; [Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html) (free educational online courses for your kids)
* Social Distancing with Kids: [What to do and Where to go](https://www.510families.com/covid-19-social-distancing-with-kids-what-to-do-where-to-go/)
* [COVID-19 Daily Schedule](https://kfan.iheart.com/featured/mansour-s-musings/content/2020-03-15-try-this-covid-19-daily-schedule-to-keep-your-kids-from-going-stir-crazy/) for your family, or use [this empty schedule template](https://www.mercurynews.com/2020/03/15/what-to-do-with-kids-out-of-schools-closed-by-coronavirus-use-this-free-schedule-maker-to-plan-the-day/).
* [Protecting your mental health](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/) during the Coronavirus Outbreak
* Some [Indoor Activities](https://www.dallasnews.com/arts-entertainment/things-to-do/2020/03/14/stuck-at-home-because-of-coronavirus-here-are-some-ideas-for-indoor-activities-with-kids/) to do with kids
* Free [Virtual Museum Tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours) to pass some time

**More to View!**

* [Broadway shows to watch](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR1r4FaUJ6YNXu32YjZRSCA9mqD3lAOTmX4gXrvHALl4Ju6peFT05bTY0Do)
* [Classical Concerts](https://www.classicfm.com/music-news/no-audiences-concerts-streamed-to-world/?fbclid=IwAR3T7MAbYuuH6-krGglpMJr4M1qgW0LOVEApm2dXzvtBFS5EnoPS5xQZZPk)
* [Virtual Museum Tours](https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR0et2vUu8ONhEk2LnEoi2HXwOBEnLNgicMrBZRfLJrUYcXvwitirTBMLTg)

**More Instagram Dancers To Follow For Classes:**

• @jurgitadronina - Principal Dancer @nationalballet | Lead Principal @englishnationalballet ~ Teaching Ballet Class

• @genrenaudphysio - Registered Physiotherapist, BSc. PT, MCISc. PT, FCAMPT, RISPT from @pivotdancer ~ Teaching: “Strong Dancer Workout” • @balletgatti - International Ballet Star / Director @unitedballettheatre ~ Teaching: Ballet Class

• @dwayneholliday - Certified Yoga/Calisthenics instructor, dancer, choreographer and teacher ~ Teaching: At Home Calisthenics

• @naoyaebe - Principal Dancer @nationalballet ~ Teaching Ballet Class

• @melissa\_j\_gelfin - Principal Dancer @cincinnatiballet ~ Teaching: Ballet barre and core workout.

• @jackie\_damico - Certified Pilates Instructor ~ Teaching: Pilates

• @cervi55 - Principal Dancer @cincinnatiballet ~ Teaching: Ballet Class for the Living Room.

• @theballerina - Dancer @losangelesballet ~ Teaching: Ballet Class.