

BAL HARBOUR

- VILLAGE -

Bal Harbour Village Boredom Buster Recommendations #2 March 23, 2020

Dear Bal Harbour Residents:

Welcome to our 2nd Edition of Bal Harbour Boredom Busters!

With all of us now finding ourselves with more time on our hands, BAL HARBOUR VILLAGE would like to share with you a few recommendations to explore new experiences, learn about something new, or delve into a favorite past-time - all without having to leave your home! Based around our pillars of Arts & Culture, Culinary, Wellness, Fashion and Lifestyle, which all form part of The Bal Harbour Experience, we will share ideas and links for you and your family to explore during the week.

Today we'll focus on **Wellness** and **Lifestyle** - providing you with ideas to incorporate into your routine today and throughout the week.

Equinox Gyms and Hotels share their Morning and Evening Rituals



AM RITUAL: ENERGY. FOCUS. CLARITY. <https://www.youtube.com/watch?v=7FOLqE5jat0>

Designed to bring ease to your morning, these stretches will help to gradually transition from sleeping postures, creating openness in your body. Breathwork will deliver oxygen to your bloodstream as you calm and focus your mind.

PM RITUAL: RESTORE. RELIEVE. UNWIND. <https://www.youtube.com/watch?v=dP0bYQIAKfU>.

Designed to relieve stress and prepare you for a restful night's sleep these targeted stretches will help to increase circulation in areas where tension tends to accumulate. Calming breathwork will restore balance to the mind and body.

Stay Safe - Stay Calm - Stay Home

Miami-Dade Library and Jungle Island takes you away with virtual ideas and exploratory adventures



Miami-Dade Library give you the ability to download thousands of books and movies with your Miami-Dade library card. If you have an internet connection in your home or on your phone, you will have access to the entire library system's eBooks, audiobooks, digital magazines, movies, music, online learning and tutoring! A Miami-Dade Public Library Services card offers access to people who live in Bal Harbour Village for \$65 a year to join in on the fun. <https://www.mdpls.org/library-card/library-card.asp>



Jungle Island is offering free, fun online lessons on animals, nature and the Everglades geared toward children ages 5 to 12. Each assignment is full of surprises and is designed to keep kids busy for hours, while they discover fun facts about animals, protected national parks, and the crucial role they can play in conserving wildlife and endangered species." To access the online lessons, visit the park's [Facebook](#) or [Instagram](#) pages at 11 a.m. Monday-Friday.

We hope you find this information useful. We'll be sending additional ideas and suggestions over the next several days! And, if you have a great idea that you would like to share, we would love to hear from you! Please contact us at marketing@balharbourflorida.com

Your Bal Harbour Village Team

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