

BAL HARBOUR

- VILLAGE -

Boredom Busters 12th Edition

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.

Remember Hillstone Bal Harbour is open 11:30 AM to 8:30 PM for take out and delivery, call the restaurant at 786.260.6650.

STAY SAFE - STAY CALM - STAY HOME

[Visit our Website](#)

Enormous Wrappings by Christo and Jeanne-Claude, Ranked by Size

Christo has never lacked for artistic ambition, and at the age of 84, he is working as hard as ever on one of his most daring projects yet: L'Arc de Triomphe, Wrapped (Project for Paris, Place de l'Étoile – Charles de Gaulle), an enormous public artwork he first conceived with his partner and collaborator Jeanne-Claude in 1962. The project—scheduled to be unveiled in September after many years of toil— involves wrapping the Arc de Triomphe in Paris in blue polypropylene fabric and red



rope, and in Christo's hands, it's safe to say the iconic symbol of French history will look as it never has before.

[Read more](#)

Go with the Flow - Enter the MELT Method

As featured in Bal Harbour Shops Magazine

Our modern lifestyles can make moving with intention and avoiding injury a far-reaching goal, but according to wellness entrepreneur and educator Sue Hitzmann, her "Hands-off bodywork technique" known as the MELT Method is a self-care ritual that anyone can practice. Whether you're into rapid-fire high intensity interval training or yin yoga (a style of yoga where postures are held for longer periods of time), emerging evidence suggests that the best thing you can do for your body and mind is to slow down, simplify things, and make a genuine effort to understand the intricacies of your greatest asset – your health. Indeed, a healthy body is one where all systems effortlessly connect, support and maintain balance. Enter the MELT Method.



[The MELT Method](#)

You can make these 10 comfort foods healthier with cauliflower

Cauliflower is having a moment. The U.S. Department of Agriculture's Economic Research Service estimates that per capita consumption in 2019 was up nearly 75% over a decade prior.

Time Magazine dubbed it "the new kale" a couple years back. But unlike that trendy leafy green, cauliflower's uptick in consumption is being driven primarily by sneak attacks in which it masquerades as a different food entirely.



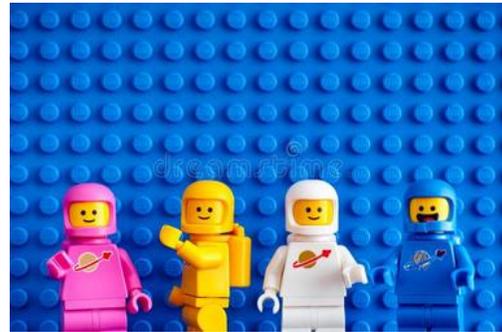
From rice to pizza crust, here are all the newfangled ways we're consuming this versatile vegetable.

[You won't believe its not gluten](#)

30 Day Lego Challenge

Do you want to add a Lego Engineering Challenge everyday? You can download ideas here

[Download here](#)



From our Unscripted Museum Partners



The Bass: Studio Art Classes (At Home)

Welcome to the first day of the new online series, Studio Art Classes [At-Home], featuring Art for Kids (7-12) and Teen Art Class (13-18).

Each week's art project features an introduction to the topic, followed by video-guided, hands-on art-making using a variety of media.

ART FOR KIDS (AT-HOME)

Ideal for ages 7-12

[Check the project here](#)