



Ressources pour demeurer actif à l'heure de la distanciation sociale

Mise à jour : 20 mars 2020

Les membres de LC ont la gentillesse de partager des liens vers des ressources en ligne de conditionnement physique, de pleine conscience et de divertissement pour aider le personnel, les étudiants et les familles à rester actifs et en bonne santé tout en respectant les mesures de distanciation sociale.

Notez que la plupart des liens ci-dessous sont en anglais seulement. N'hésitez pas à y ajouter vos ressources en écrivant à communication@languagescanada.ca.

Conditionnement physique

Cardio et musculation

[Fitness Blender](#)

[Tone It Up](#)

[Beachbody](#)

[ObéFitness](#)

[CrossFit](#)

[The Sculpt Society](#)

[NEOU](#)

[P.volve](#)

[Fhitting Room](#)

[Balance Fitness VIRTUAL GYM](#)

Yoga

[YogaWorks](#)

[Down Dog App](#)

[Glo](#)

[Yoga with Adriene](#)

[CorePower Yoga](#)

[Beverley Cheng](#)

[YYOGA](#)

[SkyTing](#)

[Yoga by Candace](#)

Barre / Pilates

[The Bar Method](#)
[Physique 57](#)
[Barre3](#)

[Blogilates](#)
[Pilates Anytime](#)

Routines de conditionnement physique à domicile

[Back to basics: Your one-month treadmill workout](#)

[10 core exercises that are better for your back \(and body\) than crunches](#)

[A one-month resistance band workout you can do anywhere](#)

[A 15-minute full body HIIT workout — no equipment required](#)

[2-in-1 exercises that will tone your arms and abs](#)

Méditation

[Meditation with Kristen Stuart](#)

Culture / Divertissement

[Visites virtuelles de musées](#)

[Netflix Party](#)

[The Vancouver Symphony Orchestra livestreams Beethoven's Fourth Piano Concerto and Sixth Symphony "Pastorale"](#)

[The Metropolitan Opera is streaming encore performances from the Live in HD series for free on their website](#)

[The Berlin Philharmonic has provided free access to its fabulous Digital Concert Series with the promo code BERLINPHIL](#)

[Natalie MacMaster and her fiddling family celebrate St. Patrick's Day with this delightful tune](#)

[Tenor Maurizio Marchini serenades quarantined Florence](#)

[Two young cellists play for their self-isolated neighbour](#)

[Ashley MacIsaac is planning a "quarantine ceilidh" for April 1](#)

[Yo-Yo Ma dedicates Bach's Cello Suite No. 3 to healthcare workers](#)

[Music in the time of COVID-19: live performances you can stream from home](#)

Éducation

[Coursera](#)

[These Education Companies Are Offering Free Subscriptions to Parents During School Closures](#)

[Distance Learning Resources from the Smithsonian](#)

[Online education classes for every age and grade](#)

[5 Free Online Learning Programs for Kids to Do at Home](#)

[43 Free Educational Websites Parents Can Access While Schools Are Closed](#)