**Be Inspired as You Work Remotely**

**Start your work day with mindful yoga, challenge yourself with a 10-minute workout or take a virtual tour of a park or museum!**

**Best enjoyed via Chrome.**

Yoga with Sarah Beth Yoga at Home

<https://www.youtube.com/user/SarahBethShow>

# Car Museum Virtual Tours

<https://www.motortrend.com/news/best-car-museum-virtual-tours/>

Indianapolis Motor Speedway Museum VR tour

<https://www.youtube.com/watch?v=aGQtIYRiTok>

# Redwood National Park Virtual Hike

# <https://www.youtube.com/watch?v=IOEGIGx8rr4>

# Natural History Museum (New Dinosaur Exhibit) Walking Tour Washington, D.C.

# <https://www.youtube.com/watch?v=fdcEKPS6tOQ>

# Egyptian Museum

# <https://www.youtube.com/watch?v=EdCReWs6-wI>

# 10-Minute Workout - No Equipment at Home

# <https://www.youtube.com/watch?v=AnYl6Nk9GOA>

# 30-Minute HIIT Cardio Workout with Warm Up - No Equipment at Home

# <https://www.youtube.com/watch?v=ml6cT4AZdqI>