



# The HUSKIE HERALD

*A weekly newsletter to help keep you entertained and healthy while self-isolating*



## STAY ACTIVE!

*Staying active is not only an important part of your physical health, but it is crucial to your mental health as well. Check out this week's activity that you can try without hitting the gym.*



## DO YOU MISS BINGE-WATCHING TV SHOWS AND HAVING MOVIE MARATHONS WITH YOUR FRIENDS?

*Dont worry, we have a solution for you! You can now easily have a Netflix Party with your friends and family. All you need to do is find some good snacks, get comfy, and follow the 6 simple steps we've outlined for you in this week's issue.*

# LOCAL YOGA CLASSES



During self-isolation it is important to get your body moving and let your mind relax. Focus on your breath and body movements by tuning in to one of Saskatoon's local yoga studios for a virtual yoga class from the comfort of your room! Check out:

Modo Yoga (@modoyogasask)- Instagram Live Classes  
Upcoming Classes: Yin Yoga at 10:00AM Sat, April 4th  
Yin Yang Yoga at 10:00AM Sun, April 5th  
Check Instagram for upcoming class times uploaded weekly

Pura Vida Yoga Loft- Facebook Live classes  
Upcoming classes: Meditation at 7:30PM Friday, April 4th  
Virtual classes uploaded to videos for access anytime, new classes added weekly



# NETFLIX PARTY



1. Log into Netflix on your laptop or computer. Get a Netflix account if you don't have one, either by paying for the monthly subscription or start the one month free trial. Everyone joining the Netflix party needs to have Netflix
2. In a new tab, go to <https://www.netflixparty.com/>
3. You'll be redirected to a new page where you click 'Add to Chrome'
4. A pop-up box will open. Select 'Add extension' and you'll now see a grey NP icon in your browser toolbar
5. Go to Netflix and pick your show or movie, and then hit the NP icon on your browser (which will be red now) and when the pop-up comes up hit 'Start the Party'
6. Copy the URL from the pop-up and send it to everyone who is joining in on your Netflix party! Enjoy!



## Ready Reads

One Moment by  
Linda Green

Accessible through  
Saskatoon Public Library  
online Resources

[HTTPS://  
SASKATOONLIBRARY.CA/  
DIGITAL-LIBRARY/ALL-  
RESOURCES](https://saskatoonlibrary.ca/digital-library/all-resources)

How do you define  
yourself?

Ted Talk with Lizzie  
Velasquez

[HTTPS://WWW.TED.COM/TALKS/  
LIZZIE\\_VELASQUEZ\\_HOW\\_DO\\_Y  
OU\\_DEFINE\\_YOURSELF](https://www.ted.com/talks/lizzie_velasquez_how_do_you_define_yourself)

## Shameless Showtime

Tiger King

On Netflix



Thoughtful Thinking

Memeworthy