

****Updated Daily****

We are both saddened to see the vast array of cultural cancellations over the past day and proud to see so many companies putting the health of their staff, participants and audiences first.

The arts are an important part of many of our lives, and we're also excited to see so many isolation friendly options arising.

We've started a list of online dance and yoga classes, digital only festivals and a huge array of dance, opera, theatre, museums and CPD activities you can do from home – including full NDCWales performances.

Please share this resource and let us know of other fab things we can add to it.

Mae'r ddau ohonom yn drist iawn o weld yr ystod eang o ddigwyddiadau diwylliannol sydd wedi cael eu canslo ers ddoe ac yn falch o weld cymaint o gwmnïau yn rhoi iechyd eu staff, cyfranogwyr a chynulleidfaoedd yn gyntaf.

Mae'r celfyddydau yn rhan bwysig o fywydau sawl un ohonom, ac rydym hefyd yn teimlo'n gyffrous i weld cynifer o opsiynau y gellir eu gwneud wrth hunan-ynysu yn codi. Rydym wedi dechrau rhestr o ddosbarthiadau dawnys ac ioga ar-lein, gwyliau digidol yn unig a lluo bethau yn seiliedig ar ddawns, opera, y theatr ac amgueddfeydd, a gweithgareddau y gallwch eu gwneud adref – gan gynnwys perfformiadau CDC Cymru llawn.

Rhannwch yr adnodd hwn a rhowch wybod i ni am bethau gwyb, eraill y gallwn eu hychwanegu ato.

DANCE CLASSES

Gaga is a unique dance training, **Gaga Movement Language** גאגא שפת תנועה NYC are currently offering 3 classes a day 7 days a week with a suggested donation.
<https://www.gofundme.com/f/gaga-nyc-online-classes>

Moot - The Movement Lab are making their resources as available as possible and have great updates on other training online. <https://www.facebook.com/groups/mootmovementlab/>

Juliard School of Performing Arts are running ballet barre classes through instagram
<https://www.rosas.be/en/news/814-dance-in-times-of-isolation>

You can learn the famous Rosas Danst Rosas from **Anne-Teresa De Keersmaecker** here online, easily done at home with a kitchen chair
<https://www.rosas.be/en/news/814-dance-in-times-of-isolation>

The Dance Centre is offering fun online musical theatre inspired classes.
<https://www.facebook.com/1thedancecentre>

Diverse Dance Mix offer online classes on their website
<https://diversedancemix.com/classes/online-classes>

Rebecca Lemme / Acts of Matter offers a free online Barre Class you can do without a proper Barre
https://vimeo.com/398046579/cdfec48e01?fbclid=IwAR2AlstXHcg7--4ulAhmvpNotiVJIMz3Z3v_PiYW6pKyT0bZ_JQFfJN0Cow

The Guardian has an article on tips for dancing at home.
https://www.theguardian.com/lifeandstyle/2020/feb/22/fitness-tips-online-dance-tutorials?fbclid=IwAR2DKtULuSlfcB7TueCKqAbegoM4OYJFrRoCX5mwpwsWO_NILQsn6sHKXxl

Savage & Samuelle have a partner dance class for those isolated together.
<https://www.facebook.com/SavageandSamuelle/videos/240469066992010/>

Mark Morris Dance Center are offering free access to their full Library of streamed Dance for Parkinson's classes. <https://danceforparkinsons.org/resources/dance-at-home>

YOGA CLASSES

Overwhelmingly our dancers suggest following Yoga With Adriene for youtube yoga
<https://www.youtube.com/user/yogawithadriene>

Cat Meffan Yoga – another office fav, with a huge range of free classes on youtube.
https://www.youtube.com/channel/UCVrWHW_xYpDnr3p3OR4KYGw

Our dancers also enjoy the Down Dog App which also has a ballet barre class option
<https://www.downdogapp.com/>

Rosanna Emily Carless our dance Ambassador is streaming free yoga classes daily on her facebook page.

CoisCéim Dance Theatre have a free dance class for the over 50's.

AT HOME ARTS FESTIVALS IN RESPONSE TO COVID-19

These festivals aim to gather streamed content and classes in different ways -

Social Distancing Streaming Concerts

<https://www.socialdistancingfestival.com> The Social Distancing Festival

<https://creativedistance.org/> Creative Distance

<https://www.facebook.com/thetheatrecafe/photos/a.1597256473856456/2552997778282316/?type=3&theater> The Theatre Cafe

LIVE EVENTS STREAMED TO YOUR DEVICES

NDCWales P.A.R.A.D.E. including choreography by Caroline Finn, Marcos Morau and Lee Johnson, in collaboration with BBC National Orchestra of Wales, Rubicon Dance and Vertical Dance Kate Lawrence; filmed by The Space Arts.
<https://vimeo.com/248459479>

Tundra by Marcos Morau <https://vimeo.com/254300487>

Reflections documentary and dance film from our Dance for Parkinson's participants.
<https://vimeo.com/ndcwales/reflections>

Search #togetherathome to see bands streaming intimate concerts live from their homes

For more dance: Rosie Kay Dance Company 5 Soldiers is available in full here
<https://youtu.be/2urN4ESejFo>

Or NDCWales Resident Artist Zosia Jo ha made her piece Fabulous Animal available to stream for donation here <https://www.zosiajo.com/fab-animal-film>

You can watch the west end production of The Wind in the Willows the Musical here
<https://www.willowsmusical.com/>

The Guardian issued a list of stage to stream shows
<https://www.theguardian.com/stage/2020/mar/17/hottest-front-room-seats-the-best-theatre-and-dance-to-watch-online?fbclid=IwAR00woW43f4IVN3DICKNZnOhUFUKouuVpjAPJbVRTWH6bWE5Q4W7Kyg0H5M>

The Metropolitan Opera

Are running nightly live streams, up at 7.30pm(EDT) each left up for 20 hours.
<http://metopera.org/>

Berliner Philharmoniker

Use the code BERLINPHIL by March 31 to get 30-day access to the orchestra's stunning work
<https://www.digitalconcerthall.com/en/home>

Marquee TV

Offer plays, dance, opera and theatre all to stream on a Netflix like service, offering free 30 day trial at the moment
marquee.tv

BroadwayHD are offering free 7 days streaming broadway shows <https://www.broadwayhd.com/>

The Guardian have posted their own list now too
https://www.theguardian.com/stage/2020/mar/17/hottest-front-room-seats-the-best-theatre-and-dance-to-watch-online?CMP=share_btn_fb

Filmed on Stage

Hosts links to mostly paid streams of large Broadway shows and musicals
<http://www.filmedonstage.com/>

Netflix and Amazon Prime Video

Both have a small selection of stage shows to stream

Horse Feathers Comedy offers a live online platform for comedians

<https://www.facebook.com/horsefeatherstv/>

Center for Puppetry Arts are offering free streamed performances

https://www.ajc.com/lifestyles/center-for-puppetry-arts-livestream-performances-for-free/KuBGQBiqLKxYs2l0WORhWO/?fbclid=IwAR0fstdvP0Yh0sYXa3jSwveQGDZwFizLvUPTYr72r52iiN8XOc-_aUSPhCU

Other Cultural Activity

Free Museum tours from across the world

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Likewise Google Arts and Culture has thousands of resources and tours from across the world

<https://artsandculture.google.com/>

Free colouring pages from museums

http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR3wPIZLS00PCI-tilb9jXHKJPUSDa2oui1SHQC-iEsh40w7b_ZN5DlygIU

Free National Park tours

<https://www.thrillist.com/news/nation/google-earth-virtual-tours-of-us-national-parks>

David Bowie is At the V&A Museum

An augmented reality tour of the singer's costumes, notebooks and life's work.

<https://davidbowieisreal.com/>

CPD FROM HOME

ETC have made their online training courses free during this time: training for technicians

[Courses.etcconnect.com](https://courses.etcconnect.com)

The following performers offer one to one tuition, find them on facebook.

Rubyyy Jones – Cabaret MCing

Paul L Martin – mentoring for cabaret performers

John Celestus – one to one Flexibility and Strength, contortion, compare

Skillshare International

Offers photography, illustration, design with a 2 month free trial available

<https://www.skillshare.com/>

Welsh for work with [Learn Welsh Cardiff - Dysgu Cymraeg Caerdydd](#)

A 10 hour course free

<https://learnwelsh.cymru/work-welsh/work-welsh-courses/work-welsh-taster-courses/>

SaySomethinginWelsh

A podcast based language learning system with free and paid options including Welsh

<https://www.saysomethingin.com/>

Duolingo

The number one free language app has a great Welsh course too

<https://www.duolingo.com/>