

the PRNet

The Guide to Staying Well While Staying Home

As the days go by in our new socially-distanced normal, we at The PR Net are starting to adapt to our exclusively digital work lives. Along with media relations, we are co-theming this week's content with wellness, motivation and positivity – much needed during this time! We've put together inspirational messages and stories, workouts, recreations and more.



The Shack Yoga and Wellness at [Bahia Vik](#) is pleased to offer a series of virtual yoga classes via Instagram lead by [The Shack Yoga](#) owner Isabella Channing.