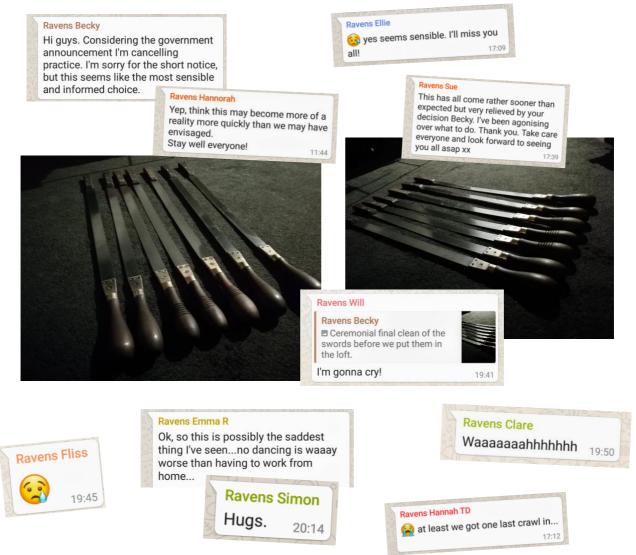
Ravens in Lockdown - March

March 2020 was the month that lockdown began for the UK. With social distancing rules requiring people to say 2 metres apart and a cessation of all non-essential travel and contact, dancing had to stop.

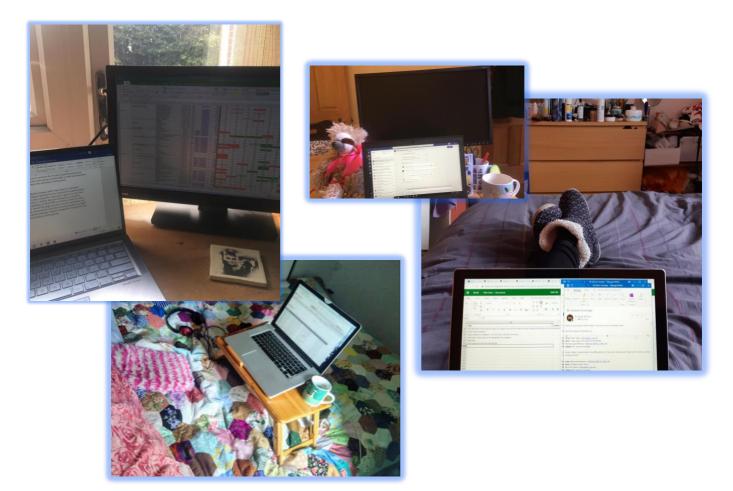


But it didn't stop the Ravens from talking every day and being a great support network for each other.



Here's how we supported each other March 2020.

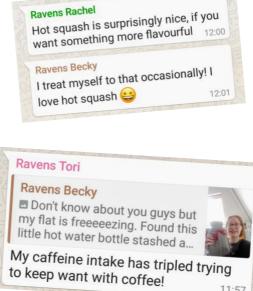
We shared our working from home set-ups...



We gave each other tips on how to stay warm yet professional...



Don't know about you guys but my flat is freeeeezing. Found this little hot water bottle stashed away. Winning! 11:47







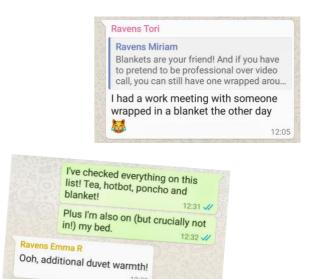






My Mum knitted me work cardigans with a massive collar and long sleeves with thumb holes...I have one at work and one at home. Not sure how professional it looks, but I'm avoiding video calls anyway Ravens Miriam

Blankets are your friend! And if you have to pretend to be professional over video call, you can still have one wrapped around you below the desk/ camera height! 12:03



...and some yoga to stop from seizing up. Click the vids!

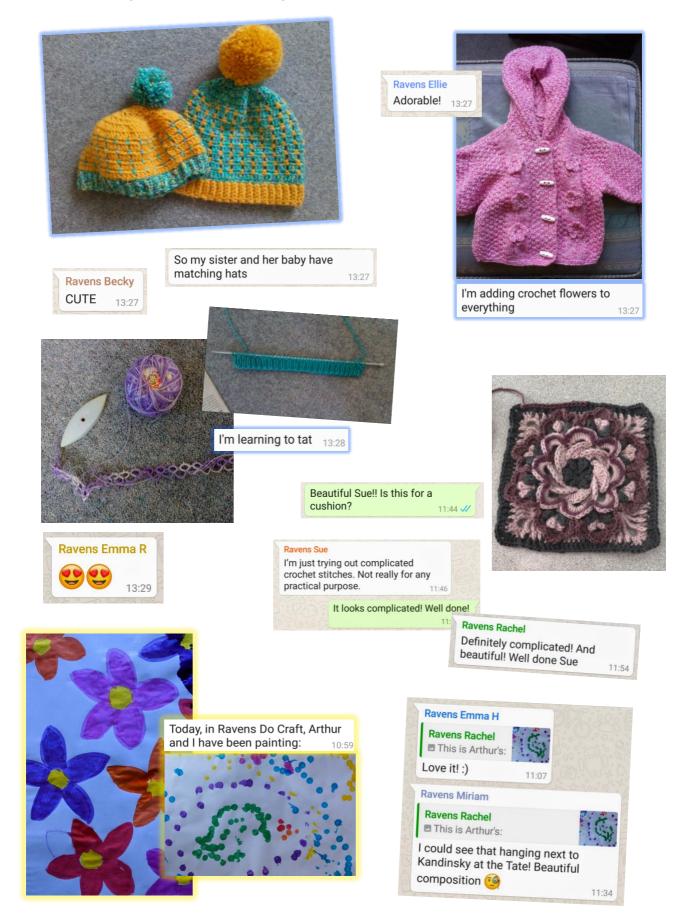


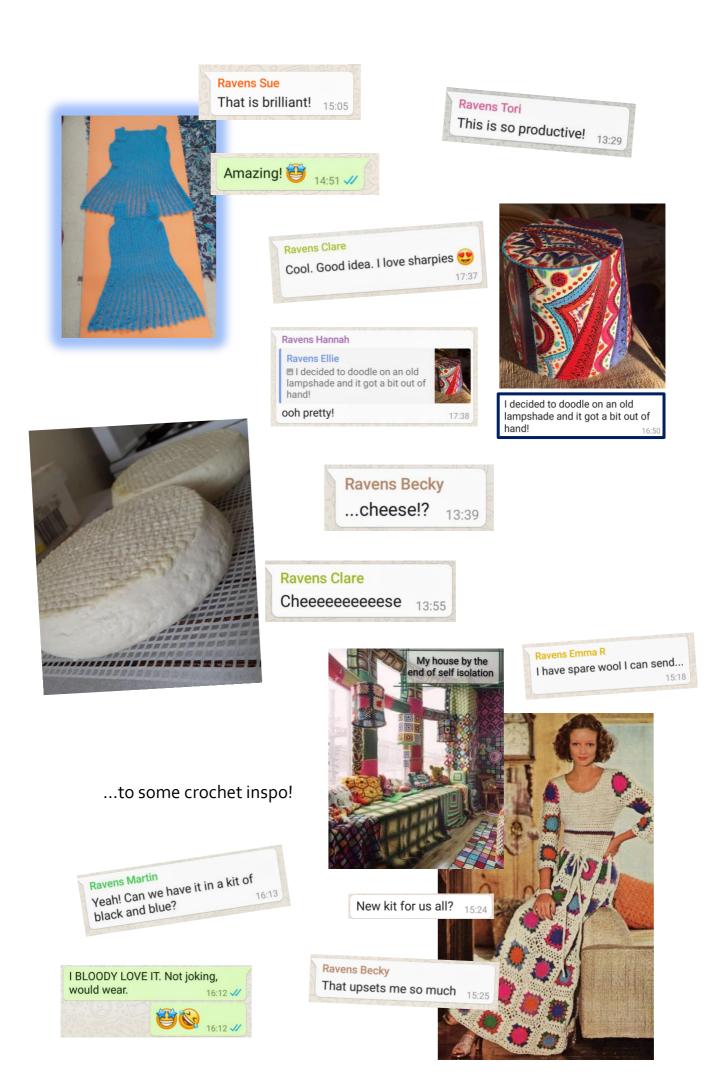


Yoga For Back Pain | Yoga Basics | Yoga With Adriene YOGA FOR BACK PAIN. BACK TO BA... www.youtube.com

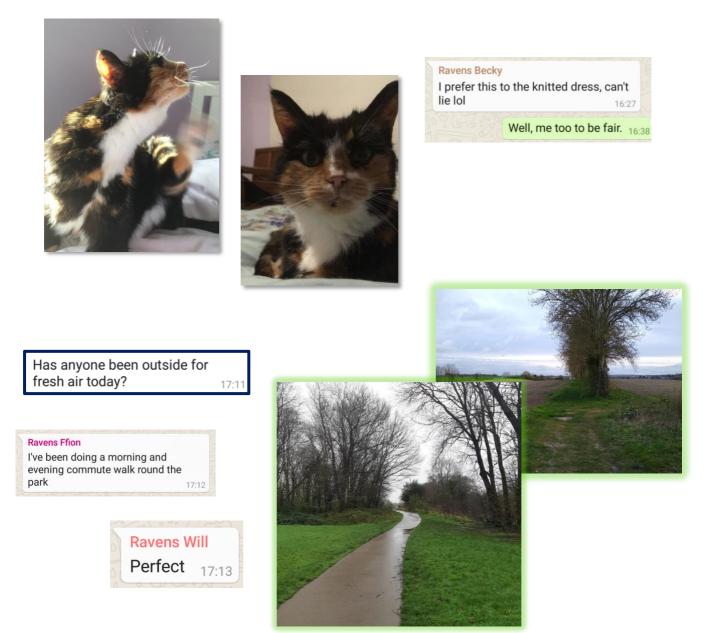


The crafty Ravens among us showed us the projects they were working on. From tatting and cheese making...





Pictures of cute kitties and the great outdoors cheered us up...



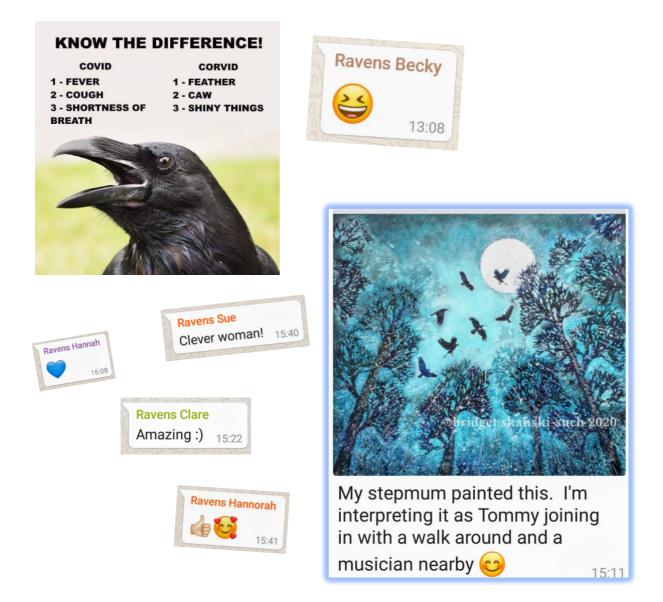
...as did the funny posts and raven themed content.



Just washing my spinach for dinner and made a little friend! Anyone else channeling their inner Miranda Hart today? 😂

18:29

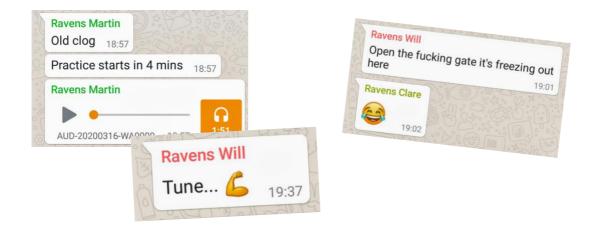




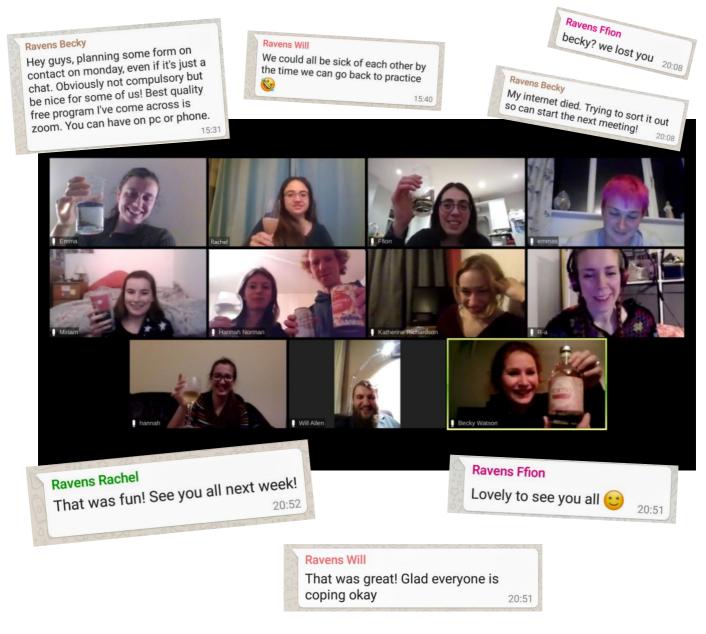
We decided that we'd like to actually see each other too. There was a bit of discussion about what we could do, virtual stepping was quickly dismissed and we decided on a weekly zoom to replace Monday night practice for the duration of lockdown.



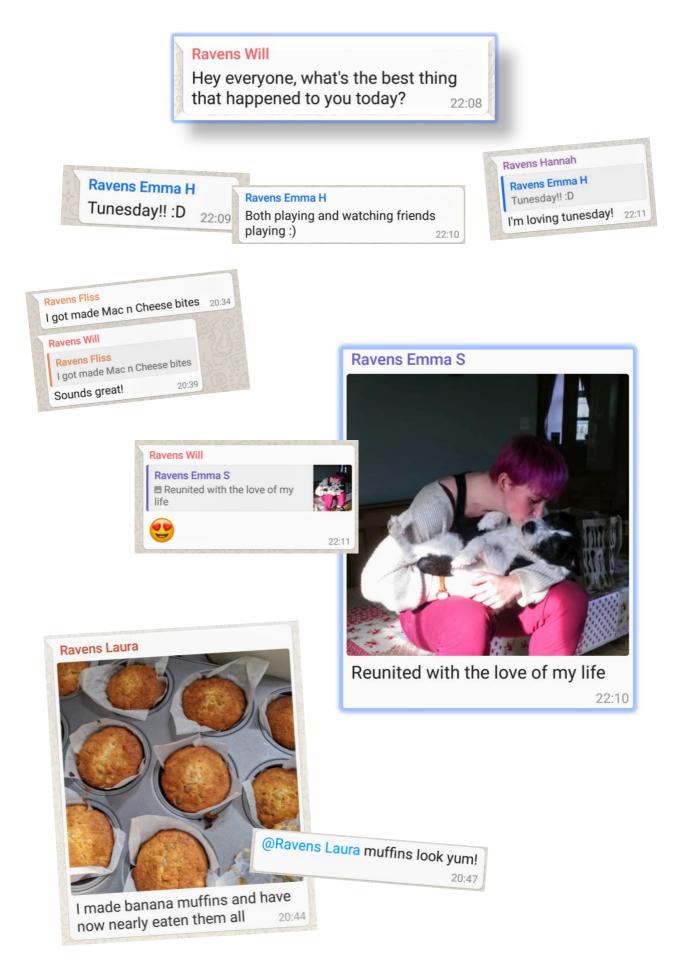
Although Martin kindly provided music for anyone keen to step and clog!

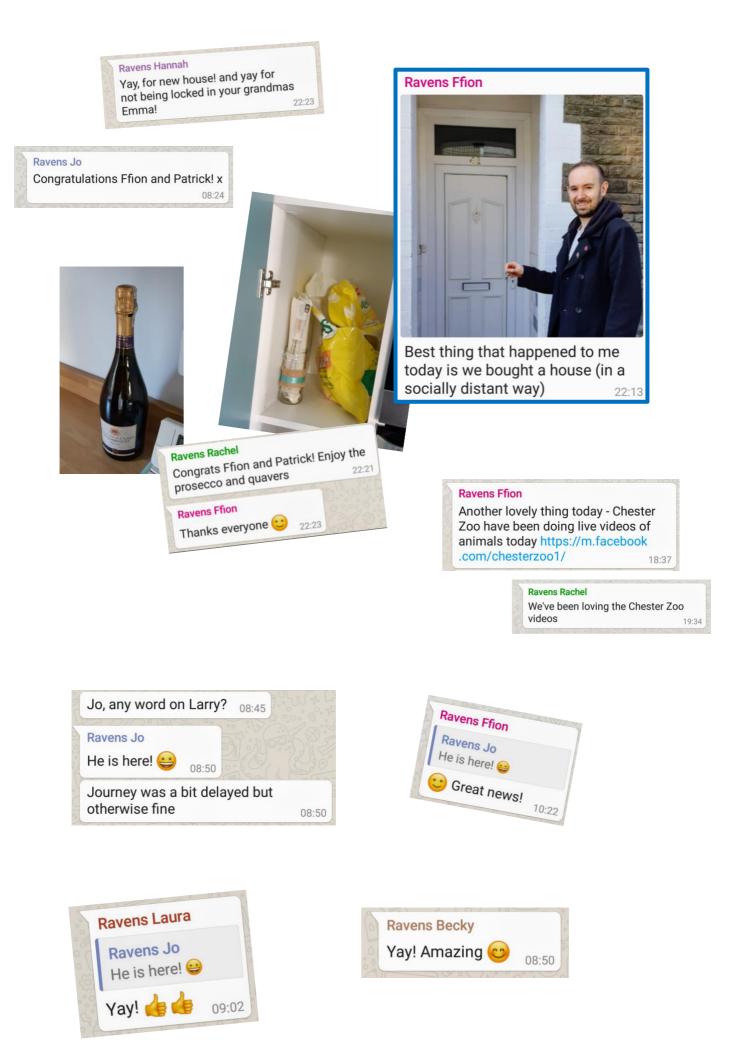


Despite initial technological issues, the zoom was a success and it was great to see everyone's face and share a drink at a difficult time.



We had lots of things to celebrate in March...







...and we did our little bit for the fight against Covid and support of key workers.





Ravens - March 2020





