



**15-Minute Weekly Qigong Workshop with  
Joan Roulac: Wednesdays at 9am or Thursdays at 12:30pm  
by Zoom**

Quiet the mind and strengthen the body with Joan Roulac's Ease Please Qigong series. These quick 15-minute sessions will gently loosen tense muscles, strengthen immunity, build better balance, and increase energy. This sweet practice is like visiting your chiropractor for a vibrational tune-up. Both the Wednesday and Thursday Ease Please series fee are \$40. The January series begins Wednesday, January 5 at 9am and Thursday, January 6 at 12:30pm. Each session meets for four weeks by Zoom.

Joan has been teaching Qigong and T'ai Chi Chih since being accredited by Justin Stone in 1987 and has taught thousands of students in California, Oregon, and Washington.

For inquiries and registration, please contact Joan Roulac directly at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).