

Orcas Senior Center – Mind-Body Workshops with Joan Roulac: September by Zoom

Quiet the mind and strengthen the body with Joan Roulac's **Fresh Start in 15** Qi Gong series. These quick 15-minute sessions will gently loosen tense muscles, strengthen the immune system, build better balance, and increase energy. The Fresh Start in 15 series fee is \$40 and will begin Wednesday, September 8 at 9am via Zoom (weekly thereafter).

Joan is also offering a moving meditation series for beginners, regardless of physical condition, with **T'ai Chi Chih** (pronounced tie-chee-chuh). You will learn twenty simple, easy to learn movements that will help improve balance, relieve pain, and gain mental clarity. The T'ai Chi Chih series fee is \$75 and will begin Tuesday, September 7 at 12:30pm via 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 at 360-298-2789 or joan@MountaintopMusings.com.
