



**Qigong Offerings with Joan Roulac by
Zoom (Wednesdays, June 1-22, 9am)**

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. Series begins **Wednesday, June 1 at 9am by Zoom**. Fee is \$40 for the series.

Joan began teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes to people around the world.

For inquiries and registration, please contact Joan Roulac directly at **360-298-2789** or **joan@MountaintopMusings.com**.



**Silver Swans Virtual Ballet with Emily Anton by
Zoom (Wednesdays from 11am-12pm)**

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm by Zoom**. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first

time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at **541-441-0022** or **emilyanton@me.com**. Adults of all ages welcome.

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit her website at emilyanton.com/dancer.