

**Join the MHC Class of 1971 – 50<sup>th</sup> Reunion Private Zoom Class**  
***Connecting with Balance***  
**Sunday, May 23, 2021 from 11:30 am – 12:30 pm ET**



**WHAT:** *Connecting with Balance* is a one-hour workshop tailored to help people of any age reconnect with their bodies and build confidence in their movement. Exercises in mobility and balance will encourage participants to improve balance, stability and mobility. This class is open to all levels of ability. For this class, you will need a chair, a small can or plastic cup, a ball (like a tennis ball) and a little open floor space.

**WHEN:** Sunday, May 23, 2021 from 11:30 am to 12:30 pm ET.

**WHO IS THE INSTRUCTOR:** The one-hour class instruction by Emily Kent who joined Pilobolus in 1999 as dancer, Teaching Artist and now serves as Education Director. Pilobolus was founded fifty years ago by non-dancers who believed that everyone can connect with their bodies and access creativity through movement. *Connecting with Balance* is a progressive exercise program based on a half century of techniques that playfully investigates and increases your body's capacity for mobility, stability and expression. Emily is the creator of *Connecting with Balance*, and has been teaching the program in the local CT population and across the country for the last 6 years.

**WHY:** The event is fun and different. Share the experience with your classmates.

**HOW:** Register now for our virtual 50th Reunion, May 21-23, 2021 (registration is free):

<https://alumnae.mtholyoke.edu/reunion>

All Class 1971 registrants will later receive communication, including a zoom invitation for Pilobolus' *Connecting with Balance* class.

Questions: contact Carol Cramer Mills, Reunion Chair, [carolcramermills@gmail.com](mailto:carolcramermills@gmail.com)



Photos and some text from the Pilobolus.com website