

```

In[6]:= Show[ContourPlot3D[x^2 + y^2 + (2 z / 3)^2 == 1, {x, -2, 2}, {y, -2, 2}, {z, -2, 2},
  Axes -> False, Mesh -> None, ColorFunction -> ColorData["PearlColors"]],
  ParametricPlot3D[{Cos[theta], Sin[theta], Sin[6 theta] / 5}, {theta, 0, 2 pi}, ColorFunction -> ColorData[1]],
  ParametricPlot3D[{18 / 19 Cos[theta], 18 / 19 Sin[theta],
  18 / 19 Sin[6 theta] / 10 + 1 / 2}, {theta, 0, 2 pi}, ColorFunction -> ColorData[2]],
  ParametricPlot3D[{18 / 19 Cos[theta], 18 / 19 Sin[theta],
  18 / 19 Sin[6 theta] / 10 - 1 / 2}, {theta, 0, 2 pi}, ColorFunction -> ColorData[3]]]

```