



SIFU FAYNE BOUGUYON, LMT  
Fayne@SimplyAware.com / 214-476-1719

Specialties

- Somatic Movement Therapist
- Therapeutic Qigong For Seniors (Fall prevention, pain management)
- SimplyAware Qigong
- Yang Style Tai Chi
- Sun Style Tai Chi (Modified for Pain Management)
- Tibetan Kung Fu - Lightning Fire Mountain System
- Personal Development and Relationship Life Coach / Mentor
- Interactive Metronome Certified
- Early Childhood Development
- Licensed Massage Therapist
- Professional Member - National Qigong Association

Co-Founder of SimplyAware / Tai Chi & Qigong Instructor / Life Coach / Somatic Therapist / Licensed Massage Therapist / Scout Leader / Wife / Mother. Sifu Fayne is a Phi Beta Kappa, Magnum Cum Laude Honors graduate of Emory University with a BA in Psychology with focused research on interpersonal communications since 1986. Personal and Relationship Coaching has been a long time passion which she is now putting into practice. If you would like some guidance on dealing with interpersonal relationships, career goals, parenting or communication skills, Fayne will help guide you towards the best possible solutions for your needs with thought provoking questions and interesting, practical exercises that quickly move you towards your stated goals. If you are ready to do the work, Fayne will be there with you every step of the way.

A Licensed Massage Therapist, trained in both Eastern and Western Medical therapeutic techniques, Fayne is also an accomplished Tibetan Kung Fu, Tai Chi and Qigong practitioner who began her training in 1991. A Professional Member of the National Qigong Association and certified since 2005 to teach the Tai Chi for Arthritis Level 1 and 2 and the Tai Chi for Back Pain programs created by Dr. Paul Lam, Fayne brings a depth of understanding to her classes that is only surpassed by her loving, gentle nature. In May of 2015, Fayne was recognized by the International Chinese Boxing Association as a Sifu for excellence as an instructor, dedication to her students and proficiency in Chinese Martial Arts.

MARTIAL ARTIST - SOMATIC MOVEMENT THERAPIST - NUTRITION CONSULTANT  
PERSONAL DEVELOPMENT AND RELATIONSHIP COACH

Intelligent, passionate instructor demonstrating solid grasp of martial skills. Able to modify instruction to meet the needs of a diverse class environment. Enjoys teaching any age group, with a special interest in mental, emotional and physical developmental needs. Willing to incorporate student feedback for technique optimization, movement efficiency and increased individual performance. Proven class manager, patient instructor; self-motivated and ambitious with excellent communication skills.

Professional Experience and Education

Emory University – Atlanta, GA 1984 – 1986

MAJOR - DEVELOPMENTAL PSYCHOLOGY – With special focus on children’s cognitive abilities and memory – information retention.

Achievements

- Graduated with High Honors Magnum Cum Laude and Phi Beta Kappa
- Co-published childhood development research which has been professionally cited over 300 times

The Energy Balancing Center – Dallas, TX 1991 – 1996

- TIBETAN KUNG FU – Lightning Fire Mountain System - Instructor : Roger Stainbrook
- TIBETAN “Needle in the Cotton” TAI CHI - Instructor : Roger Stainbrook
- TIBETAN Qigong - Instructor : Roger Stainbrook

Rank / Achievements

- Completed 3rd Level of 5 – Red Sash - Instructor Level Certified
- Studied Herbology, Acupuncture and Nutrition
- Secretary – The Energy Balancing Center, Inc.
- Developed and taught Kung Fu Children’s Classes

Master Alan Chen – Plano, TX 2001 – Present

- YANG STYLE TAI CHI CHUAN - Instructor : Master Alan Y. Chen, O.M.D.
- Qigong Principles Training

Rank / Achievements

- Traditional training environment, no ranking system used

Tai Chi for Arthritis – Mission Viejo, CA 2005 – Present

- SUN STYLE TAI CHI CHUAN - Instructor : Troyce Thome, Dr. Paul Lam

Rank / Achievements

- TCA Level 1 Instructor Certification
- TCA Level 2 Advanced Instructor Certification
- Tai Chi for Arthritis Program Instructor
- Tai Chi for Back Pain Program Instructor

#### Seminars / Other Training Experiences

- Lightning Fire Mountain System Advanced Training – Dallas, Texas
- Qigong – Healing Arts – Roger Stainbrook
- Herbology – Roger Stainbrook
- Dr. Paul Lam Tai Chi for Back Pain Workshop, Terra Haute, Indiana
- Dr. Paul Lam Tai Chi for Health Workshop, Terra Haute, Indiana
- Competition Sun 73 Training Workshop, Terra Haute, Indiana
- Push Hands Level I and II - Master Chen Bing
- Silk Reeling Level I and II - Master Chen Bing
- Martial Applications - Master Chen Bing

#### Weapons

- Tapered Bow (Staff)
- Butterfly Knives
- Tibetan Single and Double Sticks

#### Professional Activities / Other Qualifications

- Co-Founder / Owner of SimplyAware, LLC
- Creator - Tibetan Kungfu Training Program for Children
- Co-Creator - Training Mindfully with Qigong Principles™ Program
- Licensed Massage Therapist, with specialties in Relaxation and Hot Stone

#### modalities

- Professional Member of the National Qigong Association (2012-Present)
- Den Leader / Committee Chair / Treasurer Pack 1200 – Boy Scouts Of America

(2000-2010)

- Scout Leader / Merit Badge Counselor Troop 100 – Boy Scouts Of America

(2006-Present)

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