



SIMPLYAWARE  
SPIRIT • BODY • MIND  
“We bring wellness to you”

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Fayne Bouguyon is a Life and Wellness Coach, and the Co-Founder of SimplyAware – a wellness company in Dallas that works with people to help them find their true best selves. Fayne, along with her husband Chris, have been featured on Good Morning Texas, Allen Image Magazine, The Dallas Morning News, and on ABC, NBC and CBS. Recently completing production of the DVD and workbook - Training Mindfully with Qigong Principles™, they have had a direct and significant impact on bringing Tai Chi and Qigong to the Dallas area. Since 2005, Sifu Chris and Fayne have hosted world renowned Tai Chi masters and have hosted an annual World Tai Chi & Qigong Day public event in Dallas.

Fayne earned her degree in Psychology at Emory University, graduating Magnum Cum Laude and Phi Beta Kappa, where she conducted and published research on childhood memories. She continued her studies and research with focus in two primary areas: 1) Interpersonal communication within relationships; and 2) The impact of one's memories and emotions on ones' overall health.

In addition, she has trained for over 2 decades in Kung Fu, Tai Chi & Qigong under the guidance of Oriental Medical practitioners.

After working in the corporate world for 17 years, she and her husband decided to take a new path and together they developed SimplyAware. Fayne's desire to help others led to becoming a Licensed Massage Therapist in 2004. Through SimplyAware, they have been providing wellness services to the Dallas VA, corporate clients, behavioral health hospitals, assisted living facilities, senior and community centers and private clients since 2003. They teach people how to heal through mindful awareness of themselves physically, mentally and emotionally.

In 2012, the Department of Veteran's Affairs Hospital - Dallas asked SimplyAware to share their Training Mindfully with Qigong Principles™ Program with their veteran population. The TMQP program has delivered extraordinary results, with the veterans showing marked improvement in every category measured. So much so that it was featured in Psychology Today's online publication, "Invisible Wounds" written by Pulitzer Prize winning author Eric Newhouse. In 2014 the Department of Veterans Affairs expanded the program to include staff and regional hospitals. Our ultimate goal is to use this program to empower Veterans, and those who serve them, on a national scale.