



Sifu Chris Bouguyon, MMQ  
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Sifu Chris holds a Master of Medical Qigong Certification from the International College of Medical Qigong. He began his martial arts training in 1978, and has been training in both Eastern and Western medicines & therapeutic practices since 1991. He teaches weekly therapeutic Qigong and Tai Chi classes using his nationally-recognized Training Mindfully with Qigong Principles™ Program. After eleven years of providing active duty military, veterans, and behavioral health patients Qigong Principle based somatic therapeutic programs, Chris decided to open the Medical Qigong Therapy Center which specializes in using Integrative Medical Qigong therapies to support physical, behavioral health and trauma recovery.

Sifu Chris served in the United States Navy as a jet fighter mechanic, is a dedicated husband, father of three sons, veteran martial artist and active community leader whose tireless dedication to servant leadership earned him The Gold Medal for Volunteers in Service from The President of the United States.

In 1991, Sifu Chris graduated from the National Institute of Technology earning a degree in Electronic Engineering with Valedictorian Honors and began training in Tai Chi and Qigong under 2 Oriental Medical Doctors. Later he attended the Wilderness Medicine Institute's National Outdoor Leadership School earning his certification in advanced wilderness medicine. In 1994 during a deployment with FEMA, Sifu Chris developed a Qigong based stress management training program for the FEMA teams who were deploying into harms way. He is an active Professional Member of the National Qigong Association, served 6 years on its Board of Directors and is the current President. In addition, he Chairs the Information Technology Committee.

As the co-founder of SimplyAware, Sifu Chris' programs and regional events have been featured in Allen Image Magazine, The Dallas Morning News, Psychology Today, and on ABC, NBC and CBS. He is frequently invited to lecture and teach at University's and Professional Conferences across the country where his passion for helping people find their "true best selves" thrives. Always the student, Sifu Chris seeks first to learn, then teach.

In 1993, as an integral part of his personal Qigong training, Sifu Chris began volunteering Qigong instruction at nursing and assisted living communities. This early work would become the root of the SimplyAware - Smiling Heart Qigong Program™ which now hosts weekly classes at independent, assisted living and memory care communities across greater Dallas. This program was created to help seniors maintain physical and mental dexterity, develop deeper strength, postural awareness, better balance, and learn effective pain and stress management techniques.

In 2003 Chris was awarded the title of Sifu (Head Teacher) by the International Chinese Boxing Association for his demonstrated skills as a Yang Style Tai Chi Instructor. Sifu Chris accepted an invitation from the Arthritis Foundation in 2004 to become certified in the Tai Chi for Arthritis Program and help launch the program in Texas. Since then, he has hosted weekly Tai Chi for Arthritis Classes and has assisted in training over 250 Tai Chi for Arthritis Instructors.

In 2009, Sifu Chris was asked, by a regional behavioral health hospital, to develop a Qigong based Recreational Therapy Program for their Veterans and Woman's Trauma Groups. In 2010, the program's success led them to add Qigong Recreational Therapy Groups focused on Chemical Dependency, Chronic Pain, Adult and Geriatric Psychiatric, including the Critical Stabilization Unit patients. As a result of this program's continued success, and his unique Western/Eastern blended perspective on holistic healing, in 2012, the Department of Veteran's Affairs Hospital - Dallas asked Sifu Chris and SimplyAware to share their Training Mindfully with Qigong Principles™ Program (TMQP) with their veteran population. This 24 week / 36 hour 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. Sifu Chris is currently working on a modified version of the TMQP program for spinal cord injury patients.