

Weekly Class Schedule



SIMPLYAWARE
Wellness & Training Center

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Training Center Class Schedule

This schedule is current as of Sunday, November 10, 2019

Monday	Yin Ba Gua Zhang	6:00pm Bagua Zhang, or the "8 Trigram Palm," is a health, wellness, and martial practice which is gaining popularity in China and the west as an alternative therapeutic modality to Tai Chi and Yoga. Coiling energy and strong joint opening movements encourage deep strength, flexibility and circulation.
	Chen Tai Chi	7:00pm Chen Style Tai Chi is known for its strong foundation, martial flow, coordination and balance work. Come strengthen your balance, coordination and posture. This 13 movement set has it all!
Tuesday	Sun Tai Chi (modified)	11:30am Would you like to develop better balance, more strength and experience less pain? Work with your body, not against it! This modified Sun Style class, based on Dr. Paul Lam's Tai Chi for Arthritis program, is just what many doctor's order.
	Qigong	7:00pm Students of our TMQP Qigong begin by training an easy to learn collection of movements (forms) which can be performed seated or standing. Each form is repeated slowly, with a natural breathing cycle, allowing time to create meaningful internal connections before moving on to the next form. Learn how Breath - Movement - Intention form the heart of this deep training.
Wednesday	Yang Tai Chi	6:30pm Yang Style Tai Chi is known for its strong foundation, smooth flow and balance work. We explore the Standard 24 Forms in this class with an emphasis in the underlying Qigong Principles and focus on healthy boundaries.
Thursday	Chen Tai Chi	7:00pm Chen Style Tai Chi is known for its strong foundation, martial flow, coordination and balance work. Come strengthen your balance, coordination and posture. This 13 movement set has it all!
Monthly Workshop Opportunities		
First Saturday	Sound Bath Experience	7:30pm Doors Open / Bowls start at 8:00 pm Join Chris and Fayne with their large collection of Himalayan Singing Bowls for a delightfully immersive, healing soundscape experience. Enjoy 55 minutes of gentle bowl, flowing water and chime sounds in the comfort of our layers Thai Yoga Mats. No meditation experience is necessary to drop into a deep restful state.
Last Sunday	Principle Training Workshop	Monthly Workshops Begin January 26, 2020 10:00 am Each month, our classes are focused on one of the 8 foundational Qigong Principles. Join Sifu Chris for a more in-depth exploration of the Qigong Principle Focus of the Month. This 2 hour workshop is an excellent way to deepen your understand and strengthen your personal practice.