

# Weekly Class Schedule



## SIMPLYAWARE

Wellness & Training Center

1719 Analog Drive Richardson, Texas 75081

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### Training Center Class Schedule

This schedule is current as of Monday January 3, 2022

All Weekly Classes are available in **Hybrid Format** (both online and in-person)

**Space is Limited to 10 Students In-Person**

<b>Monday</b> 12:00pm	<b>Yang Tai Chi 101</b>	Build strength, balance and coordination. Improve concentration, patience and structural integrity. Yang Style Tai Chi is known for its strong foundation, smooth flow and balance work. We explore the Standard 24 Forms with an emphasis on our powerful Principle Based Training method. SimplyAware Instructors are highly trained therapeutic modalities to help students train safely and effectively.
<b>Tuesday</b> 12:00pm	<b>Sun Tai Chi 101 (modified)</b>	Gently develop balance, strength and coordination. Learn pain management, improve concentration and patience. Learn to work with your body for better health and well being! This modified Sun Style class is based on Dr. Paul Lam's Tai Chi for Arthritis program and uses our powerful Principle Based Training method to maximize the benefits of your Tai Chi training.
<b>Tuesday</b> 7:00pm	<b>Qigong 101</b>	Strengthen your posture, coordination, concentration and patience. Increase deep tissue circulation and quality of breath. Our Training Mindfully with Qigong Principles program (TMQP) teaches an easy to learn collection of nine 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. As we introduce each of our 8 Qigong Principles, you will become more integrated into the movements and achieve higher levels of physical, mental and emotional awareness and conditioning.
<b>Wednesday</b> 12:00pm	<b>Medical Qigong 102</b>	Train Qigong practices specifically designed to stimulate deep circulation and conditioning of the body's organ systems. Together we will explore seasonal changes based on Five Element Theory and learn Qigong practices designed to take advantage of these natural cycles. The Friday Medical Qigong 101 class compliments this movement class with its focus on applied Five Element Theory.
<b>Wednesday</b> 7:00pm	<b>Meditation 101</b>	Meditation may feel confusing or unattainable. This Meditation 101 class is an exploration of meditation methods from different traditions in an easy to follow format. Sifu Chris, who has been actively meditating since 1982, will lead the training and provide personalized guidance to empower your practice.
<b>Friday</b> 12:00pm	<b>Medical Qigong 101</b>	Explore and discuss Five Element Theory in a group environment with a focus on applied theory. Learn how the ancient wisdom of Medical Qigong and Five Element Theory can support your challenging modern lifestyle and invite new perspectives and possibilities into your life. Sifu Chris uses his own life experience, and shared observations from the group, to present powerful perspective shifting information. This introduction to Medical Qigong Theory compliments the Wednesday Medical Qigong 102 movement class.