

Weekly Class Schedule



SIMPLY AWARE

Wellness & Training Center

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Training Center Class Schedule

This schedule is current as of Monday January 3, 2024

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

Monday 10:00am	Viniyoga 101	Contrary to common perception, yoga is not about touching your toes or twisting into a pretzel. Yoga is an ancient practice that taps into the mind/body connection in a uniquely effective and life changing way. Come learn about Viniyoga, a therapeutic yoga lineage that emerged from the teachings of Sri T. Krishnamacarya, known as the father of modern yoga. Viniyoga teaches each practitioner to understand the relationship between the flow of the breath and the movement of the spine.
Tuesday 12:00pm	Sun Tai Chi 101 (modified)	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.
Tuesday 6:30pm	Qigong 101	This program is based on our Training Mindfully with Qigong Principles (TMQP) Workbook & DVD which may be purchased separately to support the classroom training. Students of 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.
Wednesday 12:00pm	Medical Qigong 102	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.
Wednesday 6:30pm	Meditation 101	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.
Thursday 12:00pm	Sun Tai Chi 201 (modified)	This is a level 200 class designed to challenge Sun Tai Chi students to grow deeper in their practice and understanding of applied form work. To join this class, you must be able to demonstrate the full Sun Tai Chi for Arthritis Form sequence without any prompting. We will explore deeper into the Qigong Principles and bring in additional challenges such as the sword form Sifu Chris created based on this Sun Tai Chi set.
Friday 12:00pm	Applied 5 Element Theory 101	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.
Saturday 9:30am	Chen Taiji 101	Chen Taiji requires strong attention to posture, structural integrity, balance and control. This introductory class will help you build a strong foundation for deeper training (if desired). This system was created by Chen Family' 20th generation Master Chen Bing.

Training Principles Overview

Each Principle is trained on physical, mental and emotional levels to optimize understanding and integration. Learn to quiet your mind, settle your emotions and relax into your body; one Principle at a time.

Grounding Energy involves building core to floor structural integrity while developing mental and emotional stillness and clarity.

Rising Energy introduces us to our spine and how to develop flexibility, alignment and deep strength. Stimulating spinal fluid and deep tissue circulation.

Minding the Breath is an exploration of all things breath. We learn how to manage and maximize our breath through powerful training techniques. Increasing oxygen uptake will nourish the whole body.

Expansion / Absorption teaches us about healthy boundaries. We learn to open the joints, increase deep tissue circulation to stimulate both strength and healing.

Exploring Yin Yang teaches us about opposing forces and how to use them to develop strength, release tension, create balance and deeper structural integrity.

Sinking Energy gives us the opportunity to let go. We learn to use only the muscles necessary to achieve a technique, increasing performance, efficiently and power.

Listening Energy gives us the skill to listen inside ourselves and integrate the other Principles, deeply. From this internal dialogue, we learn how to manage pain, increase all manner of personal control and develop a deep, calm.

Smiling Energy is the culmination of a years worth of work. You will learn to tap into joy, wonder and a sense of peace. This is a relaxation of your being which can only be achieved through hard work and perseverance.