



SIMPLY AWARE
SPIRIT • BODY • MIND

“We bring wellness to you”

Public Class Schedule

Classes are conducted in modified Sun Style Tai Chi (TCA -Tai Chi for Arthritis), Yang Style Tai Chi and Qigong as noted. This schedule is current as of September 15, 2011

Monday	TCA	10:30 am to 11:30 am / Carrollton Senior Center (Near Josey & Keller Springs) 1720 Keller Springs Road Carrollton, TX 75006 (972) 466-4850
	QIGONG	12:15 pm to 1:15 pm / Move Studio, Suite 108 (SE corner Preston/Campbell) 17062 Preston Road Dallas, TX 75248 (972) 732-0408
Tuesday	TCA	10:00 am to 11:00 am / Garland Senior Center (Downtown Garland) 600 West Avenue A Garland, TX 75040 / (972) 205-2769
	TCA	1:15 pm to 2:15 pm / Jewish Community Center - “The J” Entrance (I-75/Royal Ln.) 7900 Northaven Road Dallas, TX 75230 / (214) 739-2737
Wednesday	TCA	10:30 am to 11:30 am / Carrollton Senior Center (Near Josey & Keller Springs) 1720 Keller Springs Road Carrollton, TX 75006 / (972) 466-4850
	TCA	12:15 pm to 1:15 pm / Senior Center at Frisco Square 6670 Moore Street Frisco, TX 75034 / (972) 335-5515
Thursday	TCA	10:30 am to 11:30 am / Garland Senior Center (Downtown Garland) 600 West Avenue A Garland, TX 75040 / (972) 205-2769
	TCA Advanced	12:15 pm to 1:15 pm / Preston Hollow Presbyterian Church (Preston/Walnut Hill) 9800 Preston Road (Jubilee Hall), Dallas, Texas 75230 / (214) 368-6348
	TCA Beginner	1:30 pm to 2:30 pm / Preston Hollow Presbyterian Church (Preston/Walnut Hill) 9800 Preston Road (Jubilee Hall), Dallas, Texas 75230 / (214) 368-6348
	QIGONG	5:00 pm to 6:00 pm / Move Studio, Suite 108 (SE corner Preston/Campbell) 17062 Preston Road Dallas, TX 75248 (972) 732-0408
	YANG	6:30 pm to 7:30 pm / Jewish Community Center - “The J” (I-75/Royal Ln.) 7900 Northaven Road Dallas, TX 75230 / (214) 739-2737

Our exclusive Smiling Heart Qigong Program is offered weekly at the following Assisted Living Communities:

CHRISTUS - St. Joseph’s Village / Sunrise at Hillcrest / Sunrise at Frisco /
The Legacy at Preston Hollow / The Forum - Dallas

Private and Semi-private sessions in Tai Chi, Qigong and Life Coaching are available.
Training Workshops, Public Speaking and Wellness Retreats are also available

Please check our website for the most current schedule and join our newsletter to be informed of new classes and other exciting SimplyAware sponsored events.

No class near you? Please contact us directly to discuss adding a Tai Chi or Qigong class in your area.

www.SimplyAware.com

Chris Bouguyon
214-476-1721

Fayne Bouguyon
214-476-1719