

For Immediate Release

Sifu Chris Bouguyon/ Founder

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Internationally renowned Tai Chi and Qigong Masters – Daisy Lee, Dr. Roger Jahnke and Jampa Mackenzie Stewart will be presenting free, morning interactive demonstrations and afternoon educational workshops during The Dallas World Tai Chi & Qigong Day event. Sifu Chris and Fayne Bouguyon, founders of SimplyAware, will host this special day of global celebration at the Aaron Family Jewish Community Center; 7900 Northaven Road in Dallas from 10 am to 3 pm.

Dallas, Texas - April, 25 2009 – Sifu Chris and Fayne Bouguyon founders of SimplyAware, are honored to be hosting their 5th Annual World Tai Chi & Qigong Day celebration at the Aaron Family Jewish Community Center in Dallas. Joining them will be Daisy Lee, Dr. Roger Jahnke and Jampa Mackenzie Stewart.

Daisy Lee is President of the non-profit, Kahuna Valley, on the Hawaiian island of Kaua'i. She teaches Qigong around the world, with a focus on women, senior's and children's health and empowerment. Her compelling teaching style has made her one of the featured instructors for Gaiam, a conscious-living/lifestyle company, and she stars on Fit TV in America with business partner and longtime friend, Francesco Garripoli. She and Francesco have won multiple instructional media awards for their easy-to-follow Qigong DVD series that has been used in schools, hospitals and prisons where stress levels are highest. For more information on Daisy and her work, visit www.kahunavalley.org and www.radiantlotusqigong.com

Dr Roger Jahnke, OMD, has been practicing clinical Chinese medicine for 30 years, his first Tai Chi class was in 1967. He has traveled to China 8 times to study Qi, Qigong and Tai Chi in the parks, institutes,

temples and sacred mountain sites. He is co founder of the National Qigong Association and the director of the Institute of Integral Qigong and Tai Chi which trains teachers and carries on research. Dr Jahnke is the author of *The Healer Within* (Harper-Collins) and *The Healing Promise of Qi* (McGraw-Hill) which are best sellers in the Qigong and Tai Chi category. Roger has recently been selected by the NIH (National Institutes of Health) to assist with gathering information about Mind-Body Practice.

Jampa Mackenzie Stewart is the director of [Healing Tao Institute](#) and a Certified Medical Qigong Therapist and licensed acupuncturist practicing in Austin, Texas. He has taught Medical Qigong Therapy at Southwest Acupuncture College and Academy of Oriental Medicine at Austin, where he was Dean of Medical Qigong and Dean of Clinical Studies. Jampa is a board member and President of the [National Qigong Association](#). He is also a member of its Certification Committee, and helped to develop nationally recognized professional standards for Medical Qigong therapists. His school, Healing Tao Institute, offers a two-year Medical Qigong Therapy certification program.

What: World Tai Chi & Qigong Day Celebration – The Power of Qigong

When: Saturday April 25th - 10 am to Noon

Where: Aaron Family Jewish Community Center – Zale Auditorium - 7900 Northaven Road, Dallas TX
75230

Cost – Free to the Public

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What: Daisy Lee – Introduction to the Radiant Lotus Workshop

When: Saturday April 25th - 1 pm to 3pm

Where: Aaron Family Jewish Community Center – Front Conference Room - 7900 Northaven Road,
Dallas TX 75230

Cost – Donation / Limited to 20 participants / Pre-registration recommended

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What: Dr. Roger Jahnke – Essence of Tai Chi Workshop

When: Saturday April 25th - 1 pm to 3pm

Where: Aaron Family Jewish Community Center – Senior Activity Room - 7900 Northaven Road, Dallas
TX 75230

Cost – Donation / Limited to 20 participants / Pre-registration recommended

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What: Jampa Mackenzie Stewart - The Healing Presence: Foundations of Qigong Energy Healing
Workshop

When: Saturday April 25th - 1 pm to 3pm

Where: Aaron Family Jewish Community Center – Dance Studio - 7900 Northaven Road, Dallas TX
75230

Cost – Donation / Limited to 20 participants / Pre-registration recommended

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Sifu Chris Bouguyon is a 31-year martial arts veteran and the Senior Tai Chi instructor for Arthritis
Foundation of Texas. You may have seen him with Debbie Denmon on Good Morning Texas or with

Carol Wang on an NBC5 Health Segment discussing the Tai Chi for Arthritis Program. Sifu Chris and Fayne are regular presenters at VISIONS Women's Expo, NBC5 Health Fit Expo and the Dallas Wellness Lifestyle Expo. They and their students were featured in Allen Image Magazine - August 2006. Chris and his wife Fayne own SimplyAware; a community health and wellness outreach company which presents Tai Chi for Arthritis, Yang Style Tai Chi, Smiling Heart Qigong other quality programs to Senior Centers, Assisted Living Communities, Community Centers and corporate facilities around the Dallas metroplex on a weekly basis. Offering 23 public classes to over 200 students in Rowlett, Garland, Plano, Carrollton, Allen, Coppell, Frisco and Dallas client locations.

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