

For Immediate Release

Sifu Chris Bouguyon/ Founder

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Renowned Qigong teacher and published author – Vicki Dello Joio will be presenting a free, morning interactive demonstration and an afternoon educational workshop during The 6th Annual, 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 Unity Church of Dallas; 6525 Forest Lane in Dallas from 10 am to 5 pm.

Dallas, Texas - April 24, 2010 – Sifu Chris and Fayne Bouguyon, founders of SimplyAware, are honored to be hosting their 6th Annual World Tai Chi & Qigong Day celebration at the Unity Church of Dallas in Dallas. Joining them will be Vicki Dello Joio, author of *The Way of Joy*. Vicki is a renowned teacher, published author, speaker and performing artist. Integrating her 40 years of Qigong practice with other martial arts as well as her work in Yoga, Feldenkreis, physical fitness and theater, Vicki has developed a dynamic set of tools to increase awareness, transform obstacles into opportunities and enhance one's creative potential.

What: World Tai Chi & Qigong Day Celebration – “Finding your Inner Joy with Tai Chi and Qigong”

When: Saturday April 24th – Free morning session 10 am to Noon; Afternoon Workshop 2 - 5 pm

Where: Unity Church of Dallas – Sanctuary – 6525 Forest Lane, Dallas TX 75230
North side of Forest Lane between Hillcrest & Preston

Cost – Morning session is free to the Public; Afternoon workshop is \$45.00 per person with online registration at SimplyAware.com / \$55.00 at the door

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What: Vicki Dello Joio – Blossom in the Spring Workshop

When: Saturday April 24th - 2 pm to 5 pm

Where: Unity Church of Dallas – Fellowship Hall – 6525 Forest Lane, Dallas TX 75230

Cost – \$45.00 with online registration at SimplyAware.com / Limited to 50 participants / Pre-registration recommended / \$55.00 at the door

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Sifu Chris Bouguyon, founder of SimplyAware.com, is a 33-year martial arts veteran and community leader whose innovative programs have been featured on ABC's Good Morning Texas and WFAA News Midday, NBC Health Fit and in various local and national publications. Chris and his wife Fayne own [SimplyAware](http://SimplyAware.com); a community health and wellness outreach company which presents rehabilitative Tai Chi, Qigong, fall prevention and other specialty programs to the greater Dallas community. Their popular Smiling Heart Qigong Program provides residents of assisted living communities physical and spiritual vitality each week while other quality Tai Chi and Qigong programs are offered at local Senior and Community Centers, corporate and medical facilities around the greater Dallas metroplex on a weekly basis. [SimplyAware](http://SimplyAware.com) offers over 23 public classes per week to over 225 students in Garland, Plano, Carrollton, Allen, Coppell, Frisco and Dallas client locations.

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