



World Tai Chi & Qigong Day 2009 FREE EVENT

Saturday, April 25th

10 am to Noon / Workshops 1 pm to 3 pm



Location: Aaron Family Jewish Community Center of Dallas – Zale Auditorium

7900 Northaven Road Dallas, Texas 75230

Date / Time: Saturday April 25th from 10 am - Noon (doors open at 9:30 am)

For More Information – Sifu Chris Bouguyon – (214) 476-1721 - www.SimplyAware.com

World Tai Chi & Qigong Day is celebrated around the world! More than 100,000 students and teachers, in over 60 countries, join together at 10:00 am. local time to help raise public awareness of the powerful healing benefits available with regular Tai Chi / Qigong practice. Please join us for a fun, interactive introduction to these wonderful strengthening, conditioning and healing arts.

This year's focus - **The Healing Power of Qigong!**

- Sifu Chris Bouguyon will begin the day's events sharing some of the basic principles of Tai Chi & Qigong which will help you become more aware of your physical, mental and spiritual self.
- Jampa Mackenzie Stewart (President of the National Qigong Association) will provide an overview of how Qigong is used as a powerful healing practice, with some simple, interactive techniques drawn from the richness of over 40 years of training.
- Dr. Roger Jahnke's will teach us Qigong techniques from his simple to learn, **Tai Chi Easy** program and the 9 phases of cultivation for better health, straight from his insightful book, *The Healing Promise of Qi*.
- Daisy Lee will share with us Qigong techniques for cleansing and revitalization drawn from her extensive training with Chinese and Tibetan Qigong Masters.
- Participate in one of three powerful **Qigong Workshops** generously given by our very special, internationally renowned, guests. 1 pm to 3 pm **Preregister at www.SimplyAware.com**

There will be a maximum 20 people per workshop so please, preregister at www.SimplyAware.com / donations are respectfully requested (not required) to attend the afternoon workshops

NEW DIRECTIONS FOR THIS YEAR!

FREDA STERN DR. IS NO LONGER ACCESSIBLE!!

From Central Expressway (Highway 75): Exit at Royal Lane and turn West (left from South and right from North). Continue under freeway on Royal to St. Michael's Drive. Turn right onto Northaven Drive. Just past Northaven Gardens Nursery, turn right into the Aaron Family JCC and the Jewish Federation of Greater Dallas parking lot, follow our signs to the main entrance.

From I-635 (Lyndon B. Johnson Freeway): Exit Hillcrest Road and turn South (left if coming from East and right if coming from West). Continue South on Hillcrest to Northaven Rd. Turn East (left) and continue on Northaven. Just past Northaven Gardens Nursery, turn right into the Aaron Family JCC and the Jewish Federation of Greater Dallas parking lot, follow our signs to the main entrance.

From The Dallas North Tollway: Exit at Royal Lane and turn East (right if coming from South and left if coming from North). Continue East to St. Michael's Drive. Turn right onto Northaven Drive. Just past Northaven Gardens Nursery, turn right into the Aaron Family JCC and the Jewish Federation of Greater Dallas parking lot, follow our signs to the main entrance.

