SIMPLYAWARE
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Tai Chi from the Arthritis Foundation®

- Presents -

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

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

Curious about the powerful healing arts of Tai Chi and Qigong?

Please join us for a day of exploration and sharing of these beautiful, healing arts with three very special, world renowned Tai Chi and Qigong Masters!

Daisy Lee - 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. Daisy combines practical solutions with compassionate intent to assist practitioners in overcoming health and other challenges. 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.

Roger Jahnke, O.M.D., has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, Santa Barbara, California; and a co founder and recent chairperson of the board of the National Qigong Association. With almost 30 years of clinical practice as a physician of acupuncture and Traditional Chinese Medicine and eight research tours to China, Dr. Jahnke has emerged as a key spokesperson for *Tai Chi* (*Taiji*) and *Qigong* (*Chi Kung*) and is a master teacher of these arts. He has studied hundreds of forms of Qigong with master teachers and visited numerous hospitals, institutes, training centers, temples, and sacred sites in China, focusing on the cultivation of *Qi* (*Chi*).

Jampa Mackenzie Stewart, M.S.O.M., L.Ac., **Dipl.Ac.** 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 current 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.

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.