



"We bring wellness to you"

- Presents -



## World Tai Chi & Qigong Day 2009 FREE EVENT

**Saturday, April 25<sup>th</sup>**



**10 am to Noon / Workshops 1 pm to 3 pm**

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

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

**For More Information – Sifu Chris Bouguyon – (214) 476-1721 - [www.SimplyAware.com](http://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.

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



**Daisy Lee**



**Jampa Mackenzie Stewart**



**Dr. Roger Jahnke**