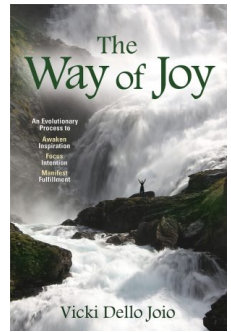
 **SIMPLY AWARE**  
SPIRIT • BODY • MIND  
“We bring wellness to you”



- Presents -

## **World Tai Chi & Qigong Day 2010** **FREE EVENT**

**This year's focus - “Finding your Inner Joy with Tai Chi and Qigong”**

Meet special guest – Vicki Dello Joio, Qigong Teacher and Author of “The Way of Joy”

**Saturday, April 24<sup>th</sup>**  
**10 am to Noon / Workshop 2 pm to 5 pm**

**Location: Unity Church of Dallas - 6525 Forest Lane, Dallas, Texas 75230**

Morning session in Sanctuary / Afternoon workshop in Fellowship Hall

**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.**

### **Dallas World Tai Chi & Qigong Day Agenda**

9:30 am – Doors open – Morning session will be held in the Sanctuary

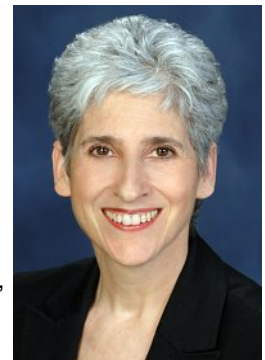
10:00 am – Sifu Chris Bouguyon - Welcome Guests / Overview of World Tai Chi & Qigong Day / The roots of Smiling Heart Energy in Tai Chi / Qigong / Interactive Qigong techniques

10:45 am – Fayne Bouguyon - Discussion of spiritual and emotional health. Living a life with purpose / interactive sharing of Qigong techniques

11:15 am – Vicki Dello Joio - Sharing concepts and techniques from her book - “The Way of Joy”

11:55 am – 2010 World Tai Chi & Qigong Day Group Picture

Noon - Morning session ends – break for lunch / prepare for a very special afternoon workshop with Vicki



**:: Preregistration at [SimplyAware.com](http://SimplyAware.com) for Vicki's Afternoon Workshop ::**

**Blossom in the Spring: Awaken from the Stillness of Winter, Emerge with new Life**  
**Saturday April 24<sup>th</sup> / 2 to 5 pm / Cost: \$55.00 / Register online before April 20<sup>th</sup> for \$45.00!**

Spring is a great time to cleanse, nourish and support the liver, an organ in our bodies with an enormous capacity for healing and regeneration. A seasonal Qigong form, *Blossom in the Spring*, calms the liver, regulating our entire energetic system and providing serenity and ease during this galvanizing season. This beautiful sitting practice will; increase tranquility in the face of momentum, Replenish your Qi (Life Force), access Joy as a Fuel in challenging times, transform Resistance into Useful Fuel.

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