

Weekly Class Schedule



SIMPLY AWARE
Wellness & Training Center

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Training Center Class Schedule

This schedule is current as of Monday January 5, 2026

(Hybrid) Format Class (Available **BOTH** online and in-person)

Tuesday 10:30am	Tai Chi/Qigong Fundamentals	With an emphasis on Grounding and Rising Energy, this class gently builds strength, balance and awareness from the inside out. Support your body, calm your mind, and reconnect with yourself—one breath, one movement at a time.
Tuesday 12:00pm (Hybrid)	Sun Tai Chi (adapted)	Improve balance, build gentle strength, and move with greater ease in this beginner-friendly Sun Style Tai Chi class based on Dr. Paul Lam's Tai Chi for Arthritis program. Our 8 Principle approach supports efficient movement, reduces unnecessary tension, and enhances memory, focus, and coordination
Tuesday 6:30pm (Hybrid)	Nine-Step Qigong Practice	Discover a simple, gentle, and powerful Qigong practice to enhance vitality, balance emotions, and calm the mind. Easy-to-learn forms can be practiced seated or standing, each synchronized with natural breathing to create deep internal awareness and lasting benefits.
Wednesday 12:00pm (Hybrid)	Medical Qigong: Seasonal Practice	Explore the wisdom of the seasons through the lens of Five Element Theory. These Qigong practices help you open energy pathways, release stagnation, and move in harmony with nature's rhythms. Note: This class pairs beautifully with our Friday Applied 5 Element Theory class for holistic insights into mental, emotional and spiritual wellbeing.
Wednesday 6:30pm (Hybrid)	Mindfulness Training	Focusing on the Minding the Breath and Listening Energy Qigong Principles, this Mindfulness Training class offers practical tools for understanding the mind and learning to self-regulate through short periods of stillness and awareness. The class alternates between 2–5 minute mindfulness practices and simple instruction shaped by participant experience.
Thursday 12:00pm (Hybrid)	Nine-Step Qigong Practice	Discover a simple, gentle, and powerful Qigong practice to enhance vitality, balance emotions, and calm the mind. Easy-to-learn forms can be practiced seated or standing, each synchronized with natural breathing to create deep internal awareness and lasting benefits.
Friday 10:30am	Tai Chi/Qigong Fundamentals	With an emphasis on Grounding and Rising Energy, this class gently builds strength, balance and awareness from the inside out. Support your body, calm your mind, and reconnect with yourself—one breath, one movement at a time.
Friday 12:00pm (Hybrid)	Medical Qigong: Five Element Theory	Open the door to new possibilities with the time-tested wisdom of Medical Qigong and Five Element Theory. This gentle introduction explores how ancient practices can bring balance and clarity to your modern life. Pairs perfectly with our Wednesday Medical Qigong 102 movement class for a full-body approach to healing.
Saturday 9:30am	Chen Taiji	Begin your journey into Chen-style Taiji with mindful movement, clear structure, and focused intention. This foundational class builds strength, balance, and body awareness—preparing you for deeper practice if you choose. Rooted in tradition, this system comes from 20th generation Chen Family Master, Chen Bing.
Sunday 5:00pm	Persian Dance	Celebrate the beauty of Persian dance through elegant gestures, flowing movement, and rich cultural expression. This class blends classical and contemporary styles, guiding you through rhythm, musicality, and the art of storytelling with every step.
Sunday 6:15pm	Belly Dance	Tap into your feminine strength through joyful, expressive movement. With roots in Egyptian and Middle Eastern traditions, this class explores isolations, shimmies, and undulations—helping you build core strength, body awareness, and a deep connection to rhythm.
Sunday 7:30pm	Azeri Dance	Feel the heartbeat of Azerbaijani culture through bold spins, precise footwork, and dynamic energy. This high-spirited folk dance class builds stamina, coordination, and a joyful sense of strength and cultural connection.

Our Training Principles

At SimplyAware, each principle is more than a concept or technique, it's a pathway to deeper connection. We guide you through physical, mental, and emotional layers of training, helping you quiet your mind, calm your heart, and come home to your body—one principle at a time.

Grounding Energy

Root yourself in strength and stillness. Build core-to-floor stability while cultivating clarity and calm from the inside out.

Rising Energy

Awaken your spine and discover deep, flexible strength. Improve alignment and stimulate circulation through every layer of your being.

Minding the Breath

Explore the power of your breath. Learn to harness and refine it to energize your body, calm your mind, and nourish your whole system.

Expansion / Absorption

Find your flow between opening and drawing inward. Strengthen your boundaries, increase deep tissue circulation, and support healing from within.

Exploring Yin & Yang

Balance opposites to create harmony. Use the natural interplay of softness and strength to release tension and refine structure.

Sinking Energy

Let go of what you don't need. Learn to move with effortless power by using only what's essential.

Listening Energy

Turn inward and listen deeply. Develop sensitivity, self-awareness, and the ability to respond—not react—with calm control.

Smiling Energy

Celebrate the journey. This final principle helps you access inner joy, peaceful presence, and the quiet confidence that comes from dedicated practice.

