

Wellness and Training Services



SIMPLY AWARE
Wellness & Training Center

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Service Provider: Sifu Chris Bouguyon MMQ, CP

Medical Qigong Therapy (Clinical Qigong)

An integrative, trauma-informed modality rooted in Traditional Chinese Medical Theory. Sessions combine therapeutic dialogue, energy work, and personalized Qigong training to support nervous system regulation, organ harmony, and long-term healing.

A significant portion of the work involves guided discussion and perspective-shifting education to identify root causes of physical symptoms and recurring mental-emotional patterns. This process supports insight, integration, and sustainable resolution within a safe, attuned therapeutic environment.

Tui Na Asian Bodywork: A hands-on therapeutic practice from traditional Chinese medicine that supports pain relief, circulation, and structural balance. Gentle kneading, rhythmic pulling, and oscillating techniques help release physical stagnation and restore healthy flow through the body.

Sessions are also supportive for stress- and trauma-related holding patterns within the body, offering a non-verbal pathway toward regulation and integration. When appropriate, Qigong-based movement, Cupping, or Gua Sha may be incorporated to address persistent fascial restriction and scar tissue.

Service Provider: Sifu Fayne Bouguyon LMT, NBC-HWC

Health and Wellness Coaching: This National Board Certified Health & Wellness Coaching approach is grounded in the understanding that each individual holds the capacity for meaningful, values-aligned change. Coaching provides a supportive, evidence-informed environment to help clients access inner resources, clarify priorities, and move toward greater balance, purpose, and well-being.

Sessions focus on perspective shifting, self-inquiry, and practical lifestyle exploration, including mindset, nutrition, and daily habits that influence physical and emotional health. This collaborative, client-centered process supports sustainable change by honoring each person's unique history, strengths, and pace—encouraging integration, resilience, and long-term fulfillment.

Vibrational Sound Therapy: Vibrational Sound Therapy is a deeply restorative, somatic-based experience designed to support nervous system regulation and the release of physical and emotional tension. Sessions take place fully clothed on a massage table, where specially tuned Himalayan bowls are gently placed on and around the body. Soft tones and subtle vibrations work together to quiet the mind and encourage relaxation throughout the system.

Bowls are thoughtfully repositioned during the session—commonly at the shoulders, mid-back, lumbar area, and legs—to address areas of stress and support whole-body balance. Clients often report increased mental clarity, a sense of lightness, and a deep state of calm following the session.

Wellness and Training Services

SimplyAware's training programs are designed to support individuals at every stage of practice, from those beginning their wellness journey to those seeking deeper refinement and understanding. No prior experience is required. Each program emphasizes accessibility, skill development, and gradual growth within a supportive learning environment.

Grounded in **principle-based training**, these programs foster physical health, emotional balance, and inner resilience—offering a clear, steady path toward greater confidence, clarity, and long-term well-being.

Training Programs (In-Person & Online)

SimplyAware offers a broad range of in-person and online training programs designed to support physical health, emotional balance, and skillful self-regulation. Weekly classes include Tai Chi, Qigong, Applied Five Element Theory, Functional Mechanics, and Mindfulness. Private training is available in Tai Chi, Qigong, Functional Mechanics, Mindfulness, Boxing, and Self-Defense, with sessions tailored to individual needs and training goals.

In addition, specialized workshops and group offerings explore topics such as Qigong Principles, Therapeutic Art, Mindfulness, Emotional Resilience, and Self-Regulation. Select groups are designed to support specific communities, including individuals navigating sober living, anxiety, anger management, relationship development, and adolescent empowerment.

Online Self-Paced Program:

The Training Mindfully with Qigong Principles™ program is offered in a self-paced online format designed to support physical strength, emotional regulation, and mental clarity. Adapted from the companion workbook and DVD, the course provides structured guidance, practical tools, and perspective-shifting instruction grounded in principle-based training.

Suitable for both new and experienced practitioners, the program supports healing, resilience, and self-awareness through accessible practices that can be integrated into daily life, allowing participants to train consistently within their own environment.

Program & Service Partners

Our program and service partners play a vital role in making SimplyAware's work accessible to the communities they serve. Through generous funding and collaboration, these partnerships help expand access to wellness, training, and therapeutic services for individuals who may not otherwise have the opportunity—creating meaningful, long-term impact across diverse populations.

Human Resilience is a Texas-based 501(c)(3) nonprofit dedicated to strengthening individuals and communities through accessible mindfulness and resilience training. Programs support law enforcement, first responders, military veterans, public school educators, healthcare workers, and others facing financial hardship, providing tools for emotional regulation, stress recovery, and long-term well-being.

Boot Campaign is committed to honoring and restoring the lives of veterans and military families through personalized, life-changing support. Veterans registered with Boot Campaign may request services through SimplyAware and receive up to one year of therapeutic care at no cost, tailored to their unique physical, emotional, and mental health needs.

Wounded Warrior Project® (WWP) is the nation's leading veterans service organization focused on the holistic well-being of post-9/11 wounded, ill, and injured veterans and their families. Through comprehensive programs supporting mental health, physical wellness, VA benefits navigation, and peer connection, WWP helps veterans move beyond survival toward sustained recovery and resilience.