

Weekly Class Schedule



SIMPLY AWARE
Wellness & Training Center

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Training Center Class Schedule

This schedule is current as of Thursday August 13, 2026
(Hybrid) Format Class (Available **BOTH** online and in-person)

Tuesday 10:30am	Tai Chi/Qigong Fundamentals	This class explores Tai Chi and Qigong through eight core principles applied to everyday life. Participants learn intentional posture, efficient movement, and breath awareness, with practical strategies to support stress management, pain relief, balance, and fall prevention—enhancing how the body moves and functions in daily life.
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 7:00pm (Hybrid)	SMART Recovery Military / First Responders	SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to: Build and maintain motivation / Cope with urges and cravings / Manage thoughts, feelings and behaviors & Learn to live a balanced life
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	This class explores Tai Chi and Qigong through eight core principles applied to everyday life. Participants learn intentional posture, efficient movement, and breath awareness, with practical strategies to support stress management, pain relief, balance, and fall prevention—enhancing how the body moves and functions in daily life.
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 is a practical pathway to deeper connection and understanding. Through guided physical, mental, and emotional training, these principles help quiet the mind, calm the nervous system, and restore a felt sense of presence in the body, one principle at a time.

Grounding Energy supports core-to-floor stability and a clear relationship with the ground. This principle promotes balanced posture, efficient weight transfer, and a sense of physical and nervous system steadiness in both practice and daily life.

Rising Energy supports spinal alignment and postural integrity in both seated and standing positions. This principle helps the body feel tall, balanced, and supported, encouraging efficient weight distribution, ease of movement, and improved stability in daily life.

Minding the Breath develops awareness and skillful use of breathing to support nervous system regulation. This principle helps calm the mind, improve energy efficiency, and nourish the body by coordinating breath with movement and attention.

Expansion / Absorption explore the balance between opening and drawing inward. This principle supports healthy boundaries, joint mobility, and deep tissue circulation, helping the body move fluidly while maintaining internal support and balance.

Exploring Yin & Yang develops balance through the interplay of softness and strength. This principle supports the release of unnecessary tension, improves structural integrity, and helps the body respond with greater efficiency, adaptability, and harmony.

Sinking Energy emphasizes letting go of unnecessary effort. This principle teaches efficient use of strength, helping the body release excess tension and move with greater ease, stability, and functional power.

Listening Energy cultivates inward attention and sensory awareness. This principle develops sensitivity and self-awareness, helping the body and mind respond with clarity and calm rather than react under stress.

Smiling Energy supports a relaxed, open state of awareness. This principle encourages ease, curiosity, and confidence, helping the body and mind integrate the benefits of practice with steadiness and quiet enjoyment.