

Wellness and Training Services



SIMPLYAWARE Wellness & Training Center

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START WITH WHAT IS AVAILABLE. DISCOVER WHAT IS POSSIBLE.

People come to SimplyAware for many reasons. You may want to move better, become stronger, reduce stress, improve balance or performance, or simply feel better in your body and your life. You may also be navigating pain, injury, changes in mobility, or physical, mental, and emotional challenges that make conventional approaches difficult. Wherever you are starting, we don't begin with what you cannot do and we don't ask you to fit a predetermined system. We begin with what is available to you today and build from there.

Drawing on decades of therapeutic, training, coaching, and teaching experience, Chris and Fayne Bouguyon bring together traditional practices, mindful training, and modern understanding to create an approach that is highly personal and practical. Whether you come for therapy, coaching, a class, or private training, the goal is not simply to help you feel better in the moment. It is to help you better understand yourself, discover what works for you, and develop skills you can carry into everyday life.

CAPACITY-GUIDED ENGAGEMENT: Your capacity is not a limitation. It is your starting point.

Capacity-Guided Engagement means working with the physical, mental, and emotional capacity you have in this moment not the capacity you think you should have. Because that can change from day to day, and even moment to moment, the work changes with you.

You do not have to keep up, push through discomfort, or prove what you can do. Movement can be adapted, intensity adjusted, and complex skills broken into manageable pieces. Some days you may explore more; other days, less.

Respecting capacity does not mean avoiding challenge. It means finding the right challenge for today one that allows you to build awareness, confidence, and trust in yourself while gradually expanding what is possible.

TRAINING THAT ADAPTS TO YOU: Different practices. Shared principles. Your pace.

Our classes and private training draw from different disciplines, but all share the same Principle-Based Training™ approach. Rather than asking you to conform to a technique, we adapt the practice to help you better understand how you move, respond, and learn while developing greater skill, awareness, and confidence.

• **Tai Chi & Qigong**

- Explore balance, posture, coordination, breathing, structural integrity, and mindful movement while developing greater ease, stability, and awareness in how you move.

• **Mindfulness & Self-Regulation**

- Develop practical skills for noticing internal changes, settling stress and emotional activation, and creating more space between what happens and how you respond.

• **Functional Mechanics**

- Learn how your body organizes movement while developing greater stability, coordination, efficiency, and a more effective relationship between strength and relaxation.

• **Private Training**

- One-on-one training focuses on what matters most to you. Sessions are shaped around your abilities, concerns, interests, and goals, allowing for greater individual attention, exploration, and development.

OUR THERAPEUTIC SERVICES: Individualized care for the whole person

MEDICAL QIGONG THERAPY

An individualized therapeutic approach rooted in the principles of Traditional Chinese Medicine. Sessions may combine therapeutic dialogue, energy-based practices, education, perspective-shifting, and personalized Qigong exercises to explore pain, physical symptoms, and recurring mental-emotional patterns. The work helps you better understand what you are experiencing, consider new possibilities, strengthen self-regulation, and develop practical ways to support greater ease and function in everyday life.

TUI'NA ASIAN BODYWORK

A hands-on therapeutic practice from Traditional Chinese Medicine using gentle kneading, rhythmic pulling, oscillation, and other techniques to support circulation, structural balance, and the release of physical tension. When appropriate, Qigong movement, cupping, or Gua Sha may also be incorporated.

WHOLE PERSON COACHING

Coaching isn't about being told what to do. It's about understanding yourself well enough to make choices that actually fit. Working with a National Board Certified Health & Wellness Coach creates space to look beneath habits and surface problems to the patterns, beliefs, relationships, boundaries, stressors, and experiences that influence how you experience and move through your life. The process considers you as a whole person rather than treating one part of your life in isolation. Through thoughtful questions, honest reflection, and practical experimentation, coaching helps you see more clearly, understand what is getting in your way, reconnect with your own voice, and turn greater awareness into clearer choices and meaningful, sustainable change.

VIBRATIONAL SOUND THERAPY

Some experiences are easier to feel than explain. Sink into deep relaxation as therapeutic Himalayan singing bowls are placed on and around your comfortably clothed body. Gentle tones and soothing vibrations help quiet a busy mind, ease tension, and leave you feeling grounded, refreshed, and restored.

TRAINING MINDFULLY WITH QIGONG PRINCIPLES™: Take the Principles home with you.

Our online, self-paced Training Mindfully with Qigong Principles™ program offers a structured way to explore the Eight SimplyAware Principles and begin applying them in everyday life. Through accessible practices and guided instruction, you can develop greater awareness, self-regulation, resilience, and confidence in how you respond to physical, mental, and emotional challenges.

Designed for both new and experienced practitioners, TMQP allows you to work with the Principles consistently, at your own pace, and in your own environment.

YOU DON'T HAVE TO KNOW WHERE TO START

You may know exactly what you're looking for, or simply know that something needs to change.

Either is enough.

Start with a conversation. We'll listen to what you are experiencing, learn what you hope to accomplish, and help you identify an appropriate place to begin.

Start with what is available...

Discover what is possible...

and become...

