

Weekly Class Schedule



SIMPLYAWARE
Wellness & Training Center

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Training Center Class Schedule

This schedule is current as of Thursday October 1, 2026

Different practices. Shared Principles. Your pace.

SimplyAware classes use Capacity-Guided Engagement to meet you where you are.

Practices can be adapted to work with what is available physically, mentally, and emotionally on any given day.

HYBRID classes are available both online and in person

Tuesday 10:30am	Tai Chi/Qigong Fundamentals	Explore the Eight SimplyAware Principles through accessible Tai Chi and Qigong movement. Develop balance, posture, coordination, breathing, body awareness, and subtle movement mechanics while learning how to apply these principles to everyday movement and functional life.
Tuesday 12:00pm (Hybrid)	Sun Tai Chi (adapted)	Explore modified Sun Style Tai Chi through gentle, flowing movement based on Dr. Paul Lam's Tai Chi for Arthritis program. Develop balance, coordination, structural awareness, and greater ease of movement while working at a pace appropriate to your individual capacity.
Tuesday 6:30pm (Hybrid)	Nine-Step Qigong Practice	Nine accessible Qigong forms provide a structured way to explore and embody the Eight SimplyAware Principles through movement, breath, posture, and awareness. Practices can be adapted seated or standing, allowing you to work within your capacity and develop from there.
Wednesday 12:00pm (Hybrid)	Medical Qigong: Seasonal Practice	Explore the current Five Element season through Qigong movement , breath, and awareness. This experiential class brings Traditional Chinese Medicine into physical practice, helping you notice seasonal patterns and their relationship to your body, energy, and overall experience.
Wednesday 7:00pm (Hybrid)	SMART Recovery Military / First Responders	A practical, respectful recovery group for military, veterans, law enforcement, and first responders. Drawing on extensive experience with these communities, we use SMART Recovery tools and mutual support to help strengthen motivation, manage urges, work with difficult thoughts, feelings, and behaviors, and build a more balanced life.
Thursday 12:00pm (Hybrid)	Nine-Step Qigong Practice	Nine accessible Qigong forms provide a structured way to explore and embody the Eight SimplyAware Principles through movement, breath, posture, and awareness. Practices can be adapted seated or standing, allowing you to work within your capacity and develop from there.
Friday 10:30am	Tai Chi/Qigong Fundamentals	Explore the Eight SimplyAware Principles through accessible Tai Chi and Qigong movement. Develop balance, posture, coordination, breathing, body awareness, and subtle movement mechanics while learning how to apply these principles to everyday movement and functional life.
Friday 12:00pm (Hybrid)	Medical Qigong: Five Element Theory	A discussion-based exploration of the current Five Element season and its relationship to physical, mental, emotional, and behavioral patterns. Drawing from Traditional Chinese Medicine, Medical Qigong, and contemporary understanding, the class offers new perspectives for understanding yourself and your experience. No movement practice is required.
Saturday 9:30am	Chen Taiji	Build a foundation in Chen-style Taiji through mindful movement, structural alignment, balance, and focused intention. Rooted in the teachings of 20th-generation Chen Family Master Chen Bing, this class allows each student to develop according to individual capacity.

OUR TRAINING PRINCIPLES

At SimplyAware, the Eight Principles provide a common framework across all of our training modalities. Whether exploring Tai Chi, Qigong, mindfulness, functional movement, or another practice, the modality becomes a vehicle for developing a deeper understanding of the Principles.

Each Principle can be explored physically, mentally, and emotionally, helping us recognize how we move, think, feel, and respond. As that understanding develops, the Principles become more than something practiced in class. They become practical tools for navigating movement, relationships, challenges, and everyday life with greater awareness.

GROUNDING ENERGY: Find stability. Know where you are. Grounding Energy explores our relationship with stability and support. Through movement, attention, and awareness, we learn to recognize what helps us feel connected, present, and able to respond from a more stable foundation.

RISING ENERGY: Find support without unnecessary effort. Rising Energy explores how we organize ourselves around support. We develop an upright, connected structure while examining the relationship between posture, effort, confidence, and our ability to meet what is in front of us.

MINDING THE BREATH: Notice change. Create space to respond. Minding the Breath develops awareness of breathing as both a physical process and a reflection of our internal state. By noticing how the breath changes with movement, effort, thought, and emotion, we gain an accessible way to recognize change and respond more intentionally.

EXPANSION / ABSORPTION: Explore openness, boundaries, and connection. Expansion and Absorption explore how we engage with and receive from our environment. Through movement, attention, and interaction, we examine openness, boundaries, connection, and our ability to participate without unnecessarily overextending or withdrawing.

EXPLORING YIN & YANG: Move beyond either/or. Yin and Yang explore the changing relationship between complementary qualities such as soft and firm, active and receptive, effort and release. Training helps us recognize that capacity and circumstances are rarely absolute, allowing us to respond with greater flexibility and adaptability.

SINKING ENERGY: Let go without losing support. Sinking Energy explores our relationship with holding and letting go. We learn to recognize unnecessary effort, tension, bracing, or control while maintaining the support needed to remain engaged. Letting go does not require collapsing, withdrawing, or giving up.

LISTENING ENERGY: Notice before you respond. Listening Energy develops our ability to notice before responding. By becoming more attentive to movement, sensation, thought, emotion, other people, and our environment, we create greater opportunity for discernment and intentional action rather than automatic reaction.

SMILING ENERGY: Cultivate warmth without losing yourself. Smiling Energy explores authentic warmth, openness, and ease while maintaining awareness and healthy boundaries. Rather than requiring positivity or a particular emotional state, we explore the conditions that allow connection, compassion, and quiet confidence to arise naturally.

PRINCIPLES YOU CAN TAKE WITH YOU

The Principles are explored through training, but their usefulness extends well beyond the practice itself. Over time, the modality becomes less important than the understanding developed through it. The practice is not simply learning how to move. It is learning to recognize what is happening, work with what is available, and respond with greater awareness.

Start with what is available...

Discover what is possible...

Become...

