



May 2011 edition

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Special Open House for Nutrition Master's Program

Degree Endorsed by MHEC

We invite you to attend a special open house featuring our new nutrition master's degree program – the [Master of Science in Nutrition and Integrative Health](#). This distinctive program, which was recently endorsed by the Maryland Higher Education Commission (MHEC), offers a holistic and integrative approach to the study of nutrition, one that emphasizes the vital and inter-related physical, medicinal, psychological, socio-cultural, and spiritual roles food plays in our lives. ([Read the nutrition program approval press release.](#))

[Nutrition Program Open House](#)

Thursday, May 19

6:00 p.m. - 8:00 p.m.

Please RSVP to the Office of Graduate Admissions at admissions@tai.edu or 410-888-9048 ext. 6647.

We are now enrolling for the September 2011 inaugural class, and class size is limited. If you are interested in applying, please contact the [Office of Graduate Admissions](#) at 410-888-9048 ext. 6647 today.

Free Evening Wellness Classes: May 2-12



Bring a friend or family member and join us for our spring series of FREE wellness talks. Click on titles for class descriptions and to reserve your seat. Online registrants will receive a free [Choose Wellness bumper magnet](#) at the door.

[Medicinal Foods from Around the Globe](#)

Monday, May 2

6:30 p.m. - 8:00 p.m.

Instructor: Bevin Clare, M.S., RH(AHG)

[Creating Herbal-Infused Oils](#)

Thursday, May 5

6:30 p.m. - 8:00 p.m.

Instructor: Tricia McCauley, M.Sc.

[Understanding Wellness](#)

Tuesday, May 3

6:30 p.m. - 8:00 p.m.

Instructor: James Snow, RH(AHG)

[How Does Acupuncture Address Pain?](#)

Tuesday, May 10

6:30 p.m. - 8:00 p.m.

Instructor: Kaiya Larson, M.Ac., L.Ac.

[The Art of Being a Healing Presence](#)

Wednesday, May 4

6:30 p.m. - 8:00 p.m.

Instructor: Cheryl Walker, M.L., MCC



Attend a free introductory movement and meditation class. Each of these free evenings also serve to introduce you to the instructors for our late spring/summer 10-week movement and meditation classes.

[Qi Gong: Dance of the Phoenix](#)

Monday, May 9

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

[Yoga and Meditation](#)

Thursday, May 12

6:00 p.m. - 7:15 p.m.

Instructor: Ashley Litecky, M.S., RYT

[Medical Longevity Qi Gong and Taoist Meditation](#)

Wednesday, May 11

6:00 p.m. - 7:30 p.m.

Instructor: Karl Ardo, M.F.A.

[Reserve your seat today.](#) [Download printable Free Wellness flyer.](#)

Movement and Meditation for Everyone



New 10-week series begin in mid-May

These 10-week evening movement and meditation classes can serve as your weekly anchor for health and wellness:

[Qi Gong: Dance of the Phoenix, Level I](#)

Mondays, May 16 - August 1

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

[Medical Longevity Qi Gong and Taoist Meditation*](#)

Wednesdays, May 18 - July 20

6:00 p.m. - 8:00 p.m.

Instructor: Karl Ardo, M.F.A.

[Qi Gong: Dance of the Phoenix, Level II](#)

Tuesdays, May 17 - July 19

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

[Yoga and Meditation, Level I](#)

Thursdays, May 19 - July 21

6:00 p.m. - 7:15 p.m.

Instructor: Ashley Litecky, M.S., RYT

[Medical Longevity Qi Gong](#)

Wednesdays, May 18 - July 20

6:00 p.m. - 7:00 p.m.

Instructor: Karl Ardo, M.F.A.

[Yoga and Meditation, Level II](#)

Thursdays, May 19 - July 21

7:30 p.m. - 8:45p.m.

Instructor: Ashley Litecky, M.S., RYT

[Taoist Meditation](#)

Wednesdays, May 18 - July 20

7:00 p.m. - 8:00 p.m.

Instructor: Karl Ardo, M.F.A.

Click titles for class descriptions and to register, or contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu. [Download printable Movement and Meditation Classes flyer.](#)

**This is a special discounted offering for those who wish to take both Medical Longevity Qi Gong and Taoist Meditation.*

Spring Rising

Seasonal Feature Article



To see clearly, to enjoy a challenge, to generate change — these are the gifts of springtime's "Wood." When these gifts are showing up as missing, we struggle with stubbornness, inflexibility, shortsightedness ...

We live in a culture that reveres the power of the Wood element, the spring phase of the creative cycle. Vision, leadership, organizational skill, planning, pushing forward, boldness — all are applauded in our culture. Those who embody these qualities "get ahead," have worldly power.

Wood encompasses action, the yang principle — the spring energy that pushes forth from the still-cold ground. A tree is emblematic of Wood, with its roots deep into the earth and its limbs reaching for the sky. Upright, sturdy, strong, and flexible in the face of storms, Wood is powerful in its capacity to span Heaven and Earth.

As with all the elements the genius and the neurosis of Wood are intertwined. In order to live in balance and health, each of us must find a balance of Wood in our lives, choosing attitudes and actions that support both

inner and outer harmony.

Read the complete article by Margie Kolchin, which originally appeared in the Spring 2001 issue of *Tai Sophia's Meridians* magazine [here](#).

Individual Academic Courses Now Enrolling

Classes Offered on Weekends

Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses for non-degree-seeking students. Seats are still available in the following 3-credit courses:

[COA 601: Becoming a Healing Presence](#) — class starts May 14

[HRB 530: Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic](#) — class starts May 21

[ISci 521: Foundational Chemistry for Health Sciences](#) — class starts August 26

Click on course title for details or contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu. [Download printable Individual Courses flyer.](#)

Continuing Professional Education



Taught by subject-matter experts, the following continuing professional education classes and seminars are being offered at Tai Sophia's Laurel campus:

[Supporting Fertility and Early Pregnancy](#)

[Nutrition and Cooking:](#)

Saturday, April 30
9:00 a.m. - 5:00 p.m.

Sunday, May 1
9:30 a.m. - 4:30 p.m.

Instructor: Kaiya Larson, M.Ac., L.Ac.

[Using Food as a Healing Modality](#)

Wednesdays, May 18, May 25, June 1, and June 8
5:30 p.m. - 8:30 p.m.

Instructor: Penny Friedberg, M.B.A., CHHT

For complete course descriptions and to register, click on course titles. For more information, please call 410-888-9048 ext. 6642.

Green Farmacy Garden Fundraising Lecture

"The Healing Power of Traditional Amazonian Medicine"

A fundraiser to support the Green Farmacy Garden with Metsa Niwue

May 10, 2011

6:00 p.m. - 7:30 p.m.

Tai Sophia's Herbal Medicine master's degree students invite you to attend a fundraising lecture to benefit Jim Duke's [Green Farmacy Garden](#). The garden, which hosts 300 medicinal plant species, represents the life's work of world renowned botanist [Jim Duke, Ph.D.](#) Located just three miles from Tai Sophia's campus, the Green Farmacy Garden is a tremendous resource to all of Tai Sophia's herbal students as well as to herbal students around the world.



[Learn more about the lecture.](#) [Learn more about the Green Farmacy Garden](#) and [Jim Duke](#).

The suggested donation for this event is \$25, and we will be pleased to accept donations of any amount.

Dr. Duke is scheduled to attend the lecture and will be available to sign copies of his books following the lecture. A limited supply of his books will be available for purchase after the talk. Duke's books also are available through [the Meeting Point](#).

Remember Mother's Day with a Gift from the Meeting Point



DreamTime Warm Embrace® Body Wrap and Pampered Soles Spa Slippers.

During the entire month of May, the Meeting Point will offer 30% off of our entire line of DreamTime® and Spa Comforts® products.

Pamper your mom or other important woman in your life with any of these wonderful items. From cozy aromatherapy slippers to hot/cold wraps to migraine masks, she is sure to love the thoughtful gift you give from the Meeting Point.

Items are available in store only. Quantities are limited, so hurry in. [View store hours and online items.](#)

Redefining Health Offered June 4-5



Tai Sophia's most popular program, **Redefining Health (RDH)**, offers a powerful and positive way to support wellness and create new possibilities for yourself, your relationships, and your work. Join Tai Sophia Co-founders Dianne Connelly and Bob Duggan for Tai Sophia's ground-breaking signature program. Based on ancient wisdom and anchored in the modern world, [Redefining Health](#) will empower you with more than 20 practical skills you can use immediately to redefine upset, fear, relationships, and ultimately, your health, and your life.



[Redefining Health Weekend](#) A Signature Program

Saturday, June 4, 2011

9:00 a.m. - 5:00 p.m.

Sunday, June 5, 2011

9:30 a.m. - 4:30 p.m.

Fee: \$165

CEUs: 12

Instructors: [Dianne M. Connelly, Ph.D., M.Ac.\(UK\)](#) and [Robert M. Duggan, M.A., M.Ac.\(UK\)](#)

[Register Now](#)

For more information, please contact Community Programs at communityprograms@tai.edu.
[Download printable Redefining Health flyer.](#) [Read more about Redefining Health and the powerful impact it has had on participants.](#)

Tai Sophia Commencement Ceremony News

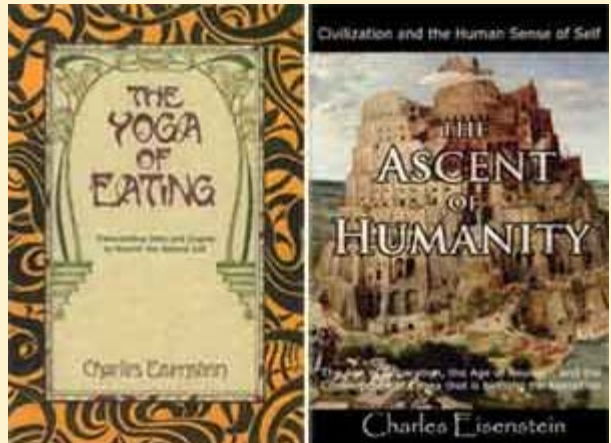
Tai Sophia Institute's annual commencement ceremony will be held on Monday, June 6 at 7:00 p.m. at the Jim Rouse Theatre for the Performing Arts in Columbia, MD. A reception for graduates will be held at Tai Sophia on Sunday, June 5 at 5:00 p.m.

Graduates of the master's degree programs in Acupuncture, Applied Healing Arts/Transformative Leadership and Social Change, and Herbal Medicine, and the Chinese Herbs graduate certificate program will be honored along with the first graduating classes of Tai Sophia's five new graduate certificate programs: Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, and Wellness Coaching.

The commencement address, "The Healer in an Age of Transition," will be delivered by Charles Eisenstein. Eisenstein is a teacher, speaker, and the author of *The Yoga of Eating*, *The Ascent of Humanity*, and the upcoming *Sacred Economics*. He writes on themes of health, consciousness, economics, and civilization, and is currently on the faculty of Goddard College's Health Arts and Sciences Program.

Here's what Charles had to say about Tai Sophia and our students and graduates:

"Tai Sophia's work is part of a vast shift in our civilization's defining paradigms. It is more than the addition of new healing modalities, more even than an evolution in our conception of health. What is changing today is the experience of being human, our basic relationship to the universe, to ourselves, and to each other. Our old ways of making sense of the world no longer make sense, and the tools based on these ways — tools of reason, of technology, of separation and control — are becoming less and less effective. Tai Sophia is grounded in a new (and very ancient) way of being human, and its graduates are helping to create a world aligned with it."



Eisenstein's works available in the Meeting Point Bookstore: *The Yoga of Eating* and *The Ascent of Humanity*.



Explore All of Tai Sophia's Academic Programs

Tai Sophia now offers four master's degrees: [Acupuncture](#), [Herbal Medicine](#), [Nutrition and Integrative Health](#), and [Transformative Leadership and Social Change](#), as well as six graduate certificates: [Chinese Herbs](#), [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), [Transformative Leadership](#), and [Wellness Coaching](#).

Mark your calendar for these upcoming Graduate School Open House events. Click on event title for more information.

[Graduate School Open House](#)

Saturday, June 18
9:30 a.m. - 12:30 p.m.

[Graduate School Open House](#)

Saturday, July 30
9:30 a.m. - 12:30 p.m.

Plan to attend an Open House? Please RSVP to the Office of Graduate Admissions at admissions@tai.edu or 410-888-9048 ext. 6647.

Tai Sophia Institute is accredited by the Middle States Commission on Higher Education.

Free Nutrition Webcast

Register to watch *Live Nourished* today!



Annemarie Colbin, Ph.D., keynote speaker at the *Live Nourished* Nutrition Conference.

Tai Sophia is pleased to present the complete [Live Nourished Nutrition Conference](#) via free webcast. Watch five of the country's top nutrition thought leaders — Annemarie Colbin, Charles Eisenstein, Sally Fallon Morell, Paul Pitchford, and Kathie Swift.

Once you register, you may view the speaker presentations whenever you like through June 30. [Register for the free webcast today.](#)

[Register Now](#)

New Additions and May Hours at the Sherman Cohn Library

The Sherman Cohn Library is pleased to share a list of [new](#)

additions to our collection and our library hours for May. Visit the [Library's web page](#) or keep in touch via [Facebook](#). You also can join one of our "by-subscription-only" e-mail lists. One provides new additions information and the other informs subscribers of library closings for classes. Call 410-888-9048 ext. 6644 for information about library services or to join an e-mailing list.

Hours: Weekdays 8 a.m. - 7 p.m., Saturdays 10 a.m. - 2 p.m.
CLOSED: Memorial Day, Monday, May 30



The Natural Care Center

Health and Wellness Service Spotlight

Herbal Medicine Consultations

As the use of herbal products continues to increase, the assistance of a professional herbalist can help guide you to make wise choices for you and your family. An experienced herbalist can help you make sure the herbs and supplements you use are appropriate for your needs, are of consistent quality and appropriately proportioned, and can advise you of potential interactions with pharmaceutical medications. All of the herbal practitioners at Tai Sophia's Natural Care Center are Registered Herbalists (RH) with the [American Herbalists Guild](#).



Celebrating 35 years of serving the community, the Natural Care Center offers [acupuncture](#), [craniosacral therapy](#), [herbal medicine consultations](#), [massage therapy](#), and [nutrition counseling](#). To learn more about our services and practitioners, [visit us online](#).



Dr. Pengelly builds a custom herbal compound for a Natural Care Center client.

To schedule an appointment or a [FREE 15-minute consultation](#), please call the Natural Care Center at 410-888-9048 ext. 6614.

Did you know?

Tai Sophia's on site [Herbal Dispensary](#) is a source of high-quality, custom-compounded formulations. Herbal teas, powders, and liquid extracts are custom compounded in the dispensary according to the individual needs of clients of the Natural Care Center, the Faculty-Supervised Student Clinic, and Tai Sophia alumni.

"The Paper Show" Open Through May 28



[Read a review of the show](#)

"The Paper Show"

Artworks by Maryland artists Lisa Hillring, Virginia Rose Kane, and Leora "Lee" Smith

Showing through May 28, 2011

Monday - Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

Saturday: 8:00 a.m. - 4:00 p.m.

Artworks from the show are on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the [Himmelfarb Gallery](#) online or call 410-888-9048.



The Ginkgo Trees by Leora Smith

Upcoming Off-Campus Events

[Zero Balancing I](#)

May 5-8, 2011

with Fritz Frederick Smith
Ellicott City, MD

This is the first course of the Core Zero Balancing curriculum and introduces the intellectual and practical framework of the art and science of Zero Balancing. Instructors provide a detailed study guide, clear presentations, and demonstrations of Zero Balancing. In practice sessions, students experience both how to perform Zero Balancing and how it feels to receive Zero Balancing.



[Healthy Howard Day](#)

Sunday, June 5, 2011

10:00 a.m. - 3:00 p.m.

Centennial Park
Columbia, MD

Visit the Tai Sophia tent.

Come to Centennial Park and visit the Tai Sophia tent at the 4th Annual Healthy Howard Day. We'll have herbal medicine teas, lotions, and other products, Qi Gong demonstrations, raffles and gifts from The Meeting Point Bookstore, auricular

acupuncture demonstrations and FREE treatments, and more.

[Facing Fate, Finding a Destiny](#)

Friday, May 6, 2011

6:00 p.m. - 7:00 p.m.

with Mythologist and Storyteller Michael Meade

[The Initiated Soul, The Awakened Self](#)

Saturday, May 7, 2011

9:30 a.m. - 5:00 p.m.

with Mythologist and Storyteller Michael Meade

Both events will be held at the Owen Brown Interfaith Center in Columbia, MD.



[Food as Medicine Professional Training Program](#)

June 9-12, 2011

Hyatt Regency Bethesda

Bethesda, MD

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Tai Sophia Institute - 7750 Montpelier Road, Laurel, MD 20723 - 410-888-9048

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