



❄️ News and Events ❄️



[Become a Fan](#)



[Follow Us](#)



[View Us](#)

January 2012 edition

In this issue:

- January is National Hot Tea Month
- Attend Graduate School Open House
- Introducing Four New Program Offerings
- Join Us for Community Feedback Meetings
- Herb Garden Named Botanical Sanctuary
- Natural Care Center Expansion
- Library's Recommended Reading
- Himmelfarb Gallery Exhibit Continues
- Winter: The Empty Time That Replenishes
- Upcoming Events and more...

Explore the Possibili-teas: January is National Hot Tea Month

Drink your tea slowly and reverently as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future. — Thich Nhat Hanh

Tea is one of the world's oldest and healthiest drinks, second only to water as the most widely consumed beverage on the planet. An increasing body of research suggests drinking tea can lower blood pressure and cholesterol levels, lower risk of breast, prostate, colon, lung, and ovarian cancers, protect against Type 2 diabetes and obesity, and improve mental alertness.



In honor of National Hot Tea Month, The Meeting Point Bookstore is offering **20% off our entire tea collection in January**. Try our [Warm Up Tea winter blend](#), one of four organic, seasonal blends created by Tai Sophia herbalists. Check out the [ingredients](#) and learn [how to brew a perfect cup of tea](#).

Graduate School Open House January 28

Begin or expand your career in health and wellness. Explore all of Tai Sophia's academic offerings and learn how our programs can advance your current career or support your shift in a new direction.

[All Programs Graduate School Open House](#)

Saturday, January 28, 2012

9:30 a.m. - 12:30 p.m.

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

The Institute offers several tiers of academic programming, consisting of master's degrees, graduate certificates, post-master's certificates, and individual academic courses in the fields of **Acupuncture and Oriental Medicine, Nutrition and Herbal Medicine, Applied Philosophy and Practices, and Integrative Health Sciences.**



New Year, New Direction for Four Tai Sophia Programs

As part of Tai Sophia's vision to become a preeminent university in the field of natural sciences and wellness studies, the Institute continues to launch innovative degree and certificate programs.

"Our goal is to educate a workforce that views health from a 'wellness' rather than 'disease' perspective; to influence policy at the local, state, and national levels to address prevention programs; and to integrate eastern and western medical approaches for the best outcome for the population," says Judith Broida, provost and executive vice president for Academic Affairs.

In keeping with this vision, Tai Sophia is pleased to introduce four new offerings in 2012:

- [Master of Oriental Medicine](#)* seamlessly integrates traditional acupuncture and Chinese herbs and provides solid knowledge to treat patients with needles, herbs, words, and healing presence
- [Post-Master's Certificate in Women's Holistic Health](#) provides an in-depth understanding of the comprehensive needs of women from puberty, through the childbearing years, to menopause and aging
- [Post-Master's Certificate in Animal Acupuncture](#) enables graduates to offer animal patients a powerful and complimentary modality for health and healing
- [Graduate Certificate in Health and Wellness Coaching](#) provides the skills and expertise to empower clients to take charge of their own health and create sustainable change

To learn more, contact the Office of Graduate Admissions at 410-888-9048 ext. 6647, or admissions@tai.edu.

* pending endorsement by the Maryland Higher Education Commission (MHEC)

Join Us for *Community Feedback Meetings* January 19 and 24

As Tai Sophia enters into a new phase of its strategic planning cycle and prepares for its rollout of a university over the next five years, it is important to hear both internal and external community voices in helping us frame our direction.

During the first phase of this five-year strategic planning process, we request community members to join us at the Institute for an open meeting on either **Thursday, January 19** or **Tuesday, January 24** from **6:00 p.m. to 7:00 p.m.** to provide feedback and input on the drafting of updated vision and mission statements. Your thoughts about Tai Sophia and its future direction are important to us. The current [vision and mission statements](#) are available on our website.

We realize that many of you may have comments or want to provide input and may not be able to attend either of these evenings. If so, please use vision@tai.edu to share your thoughts with us by February 15.

The evenings will be hosted by Marc Levin, vice president for Business and Financial Services, and Judith Broida, provost and executive vice president for Academic Affairs.

Redefining Health Offered February 11-12

As Tai Sophia's most popular program, [Redefining Health](#) 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 groundbreaking 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](#) A Signature Program

Saturday, February 11, 2012

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

Sunday, February 12, 2012

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

Fee: \$165

[Register Now](#)



CEUs: 12

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

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.](#)

Medicinal Herb Garden Designated as Botanical Sanctuary

Tai Sophia's quarter-acre medicinal herb garden was recently designated as a botanical sanctuary by [United Plant Savers \(UpS\)](#), a national organization dedicated to protecting native medicinal plants and their habitats in the United States and Canada.

Tai Sophia is pleased to be a part of the UpS Botanical Sanctuary Network. We have a long-standing commitment to education about at-risk medicinal plants and conservation, and we're passionate about sharing ecologically important values with Tai Sophia students and visitors.

Stay tuned for information about a community celebration this spring marking the official designation.



Natural Care Center Completing Expansion



Tai Sophia's Natural Care Center is putting the finishing touches on its long-awaited expansion. The newly expanded site on our main campus in Laurel allows us to deliver even more of what we're known for: expert, personalized, patient-centered care.

"Our signature care has been enhanced," says Natural Care Center head Deneb Falabella. "We now have 22 treatment rooms, so we can serve more clients. And the central location provides an opportunity for our clinical faculty, teaching faculty, and senior student practitioners to work together in one place. We're excited about sharing this focused level of expertise and experience with our clients."

The Natural Care Center offers comprehensive wellness services in acupuncture, herbal medicine consultation, Chinese herbal medicine consultation, and nutrition counseling.

Stay tuned for more information about the official opening celebration this spring for the newly expanded [Natural Care Center](#). To schedule an appointment today, call 410-888-9048 ext. 6614.

Sherman Cohn Library: Recommended Reading and More

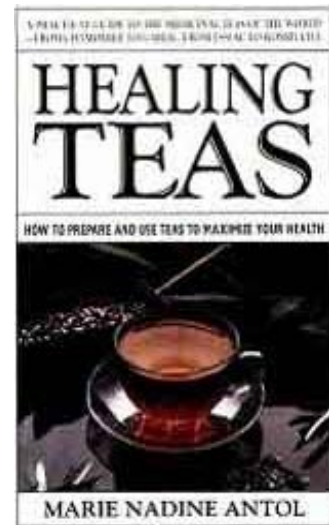
Healing Teas: How to Prepare and Use Teas to Maximize Your Health

by Marie Nadine Antol

Healing Teas contains recipes for a variety of medicinal teas, a quick reference chart pairing medical conditions with a number of beneficial herbs – from Alfalfa to Yerba Mate – and includes descriptions and parts used, historical notes, and scientific findings.

Library director Jenifer Kirin says there's one well-loved copy of *Healing Teas* in the library that has obviously been put to good use in the kitchen. Visit the library's special display about tea through January.

Click here for a [list of new additions](#) to the library collection and [library hours](#). Call ahead for additional information at 410-888-9048 ext. 6644, visit the [library webpage](#), or keep in touch via [Facebook](#).



Art Exhibit On Display Through February

“The Inner Circle: Screenprints and Etchings,” is both personal and universal, combining gestural marks with abstract shapes that frequently make reference to nature or the forces of nature that we all experience.

“The Inner Circle: Screenprints and Etchings”

Recent prints by Richard Hellman

Now showing through February 29, 2012

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.



Learn more about the [Himmelfarb Gallery](#) online or call 410-888-9048. Artworks from the show will be on sale through The Meeting Point Bookstore, which is adjacent to the gallery.

Tai Sophia Upcoming Events Calendar

January

[NCCAOM Review Course](#) (CEUs)

Wednesdays, Jan 4 - Apr 11

[Chemistry, Elements of Wellness](#) (3 Credits, CEUs)

Mondays, Jan 9 - Apr 9, 2012

[Holistic Medicine](#) (3 Credits, CEUs)

Jan 13-15, Feb 17-19

[Foundations of Health and Wellness](#) (3 Credits, CEUs)

Jan 20-22, Jan 27-29

FREE — [Graduate School Open House](#)

Jan 28

[Physiology: The Science of Wellness](#) (2 Credits, CEUs)

Fridays, Jan 6 - Apr 13, 2012

[Clinical Anatomy: Regional and Surface Anatomy](#)
(3 Credits, CEUs)

Jan 12; Mondays, Jan 23 - Apr. 9

[New Science: New Thinking](#) (CEUs)

Jan 14-15, Feb 18-19

[Mind Body Science](#) (3 Credits, CEUs)

Jan 20-22, Mar 9-11

February

[Core Zero Balancing I](#) (CEUs)

Wednesdays, Feb 1 - Mar 28

[Foundational Chemistry for Health Sciences](#)

(3 Credits, CEUs)

Feb 3-5, Mar 2-4

[Redefining Health](#) - A Signature Program (CEUs)
Feb 11-12

[Fundamentals of Herbal Medicine](#) (3 Credits, CEUs)
Feb 17-19, Mar 16-18

FREE — [Health and Wellness Coaching Open House](#)
Feb 21

March

FREE — [Acupuncture Research Day](#)
Mar 7

[Small Animal Veterinary Medicine](#) (3 Credits, CEUs)
Mar 9-10, Mar 17

[Revisiting a Sense of Calling and Commitment
in All the Ways We Lead](#) (3 Credits, CEUs)
Mar 9, Mar 31 - Apr 1, May 4-6, Jun 8

[Foundations of Women's Health and Wellness](#)
(1 Credit, CEUs)
Mar 31 - Apr 1

Click on titles for course descriptions, faculty biographies, and registration information.

Winter: The Empty Time That Replenishes

What can we learn from our winter? To rest, first and foremost... and to let things be. Replenish your powers for the outward thrust of Spring.

Snow days always feel like a gift to me, a personal gift from winter — 24 precious hours that are suddenly free for the taking. When I wake up, the silence is so loud I can't help but notice, and when I go to the window — two feet of snow! A gift: A day with no push, no worry, nowhere I have to go, nothing I have to do. My car can't get out, and neither can anyone else's. I can just purely *be* — make a fire, sit there, watch the sun sparkles dance off the snow and onto my ceiling. Maybe I'll make some cookies and maybe I'll write my sister and maybe I'll just sit some more... it doesn't matter. What matters is that I take this chance to go deep into myself, to rest, and to hear my heart whisper something quiet, definite, and wise, such as — "Don't say one word about it."

[Read the complete article](#) by Elise Hancock, originally published in *Meridians*, Winter 2001.



Upcoming Partner Events



[Integrative Healthcare Symposium](#)
Feb 9-11, 2012
Hilton New York, NY



THE INSTITUTE FOR INTEGRATIVE HEALTH

[Research Methods Training in Complementary and
Integrative Medicine](#)
Mar 29 - Apr 4, 2012

[Website](#) | [Vision & Mission](#) | [Support Our Work](#)
[Master's Degree Programs](#) | [Graduate Certificate Programs](#) | [Post-Master's Certificate Programs](#)
[Continuing Education](#) | [Community Programs](#) | [Natural Care Center Clinic](#)
[The Meeting Point Bookstore](#) | [Herbal Dispensary](#) | [Library](#)

Tai Sophia Institute - 7750 Montpelier Road, Laurel, MD 20723 - 410-888-9048
[Subscribe](#). [Unsubscribe](#). [Update](#) your e-mail address.