



**Tai Sophia  
Institute**

**For Immediate Release**  
Media Contact: Lisa Connelly-Duggan  
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## **TAI SOPHIA INSTITUTE HOSTS END OF MONTH WELLNESS EVENTS**

Featuring an **Open House for Nutrition and Herbal Graduate Programs**  
and Special Event: **Leadership in an Age of Transition**

**October 17, 2011 (Laurel, MD)** – Tai Sophia Institute ([www.tai.edu](http://www.tai.edu)), a leading, accredited health and wellness educational institution, will host a program-specific graduate school open house and leadership workshop.

**WHAT: Nutrition and Herbal Medicine Programs Open House**

**WHEN: Tuesday, October 25 from 6:00 p.m. – 8:00 p.m.**

Learn about four of Tai Sophia's master's degree and graduate certificate programs in nutrition and herbal medicine.

### **New! Master of Science in Nutrition and Integrative Health**

- This distinctive program offers a unique approach to the study of nutrition emphasizing the inter-related physical, medicinal, psychological, social and spiritual roles food plays in our lives.

### **New! Master of Science in Therapeutic Herbalism\***

- Combining practical skills with foundational theory, the program provides a pre-clinical education covering the principles of health and wellness.

### **Graduate Certificate in Herbal Studies**

- This program's emphasis on practical skills ensures that you will learn to incorporate herbs into food preparation and a healthy diet, and prepare simple and useful herbal remedies.

### **Graduate Certificate in Medical Herbalism**

- Grounded in both modern science and traditional herbal wisdom, the program provides health care professionals with an integrated and comprehensive perspective on the use of herbs and supplements.

**To RSVP and for more information**, please contact the Office of Graduate Admission at 410-888-9048 ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu).

*\*pending Maryland Higher Education endorsement.*



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**WHAT: Leadership in an Age of Transition**

**WHEN: Saturday, October 29, 2011 from 9:00 a.m. - 5:00 p.m.**

Join acclaimed author-teacher, Charles Eisenstein, in a daylong intensive aimed to revolutionize your effectiveness as a leader, healer, and/or social activist in times of rapid change. Crises in the economy, the ecosystem, health, education, water, energy, and more are propelling our civilization toward a radically different way of living on planet earth. Such conditions call for a new kind of leader, and even a whole new paradigm of leadership. At stake are the deep questions: "Who are we?" "What are we here to create?" "What is the role of humanity on earth, and how may I contribute to it?"

The workshop will explore in concept and in practice:

- Our unique historical moment: from separation to connection.
- The psychodynamics of transition (personal, organizational, planetary).
- The rebirth of community.
- Leadership in an age of social and ecological healing.
- A leader: "One who creates opportunities for others to express their gifts."
- A leader: "One who holds the story of what-is-to-be."

This program will host a morning coffee & tea networking event for participants, a lunchtime mini-information session about academic programs, as well as book signing with Charles Eisenstein.

**Registration deadline:** October 21.

**Fee:** \$75.00

**Instructor:** Charles Eisenstein, B.A.

Register online or phone at 410-888-9048, ext. 6611. Both events will be held at Tai Sophia's main campus in North Laurel at 7750 Montpelier Road (near the intersection of Rte. 29 and Johns Hopkins Road).

**ABOUT TAI SOPHIA INSTITUTE**

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, educational institution for health and wellness studies. The Institute is accredited by the Middle States Commission on Higher Education. It offers master's degree programs in Acupuncture, Therapeutic Herbalism, Nutrition and Integrative Health, and Transformative Leadership and Social Change; graduate certificate programs in Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, Wellness Coaching, Chinese Herbs, and a new post-master's



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certificate in Women's Holistic Health; individual graduate courses; and, community wellness programs, as well as continuing professional education and clinical services. The Institute's 12-acre main campus in Laurel, Maryland, also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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