

October 2011 edition

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Eat Healthy This Season

A great way to build and maintain a strong defense is through diet. Enjoy the bounty of the season with these great recipes offered by Daemon Jones, ND, adjunct faculty member of the [Master of Science in Nutrition and Integrative Health](#).

- [Bok Choy Stir-Fry](#)
- [Butternut Squash with Quinoa](#)



In the news: Nutrition and Integrative Health Program Director, Rebecca Snow, M.S., CNS, LDN, RH(AHG), will be interviewed on *Village Green Radio* on the topic of integrative nutrition. The program will air on Sunday, October 16, at 10:00 a.m. on 1500 AM.

Exploring a New Paradigm of Leadership



Our society is entering a time of profound transition, and such conditions call for a new kind of leader – even a whole new paradigm of leadership. 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.



Leadership in an Age of Transition
Saturday, October 29
9:00 a.m. - 5:00 p.m.

[Register Now](#)

Fee: \$75
Instructor: [Charles Eisenstein](#)

Class size is limited, so [register online now](#).

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

Artist Reception on November 2



Himmelfarb Gallery celebrates nationally recognized artist, Sara Steele.

Sara Steele is a great friend to the Institute, and well versed in the Five Elements. She and Janice McKenzie (acupuncture alumna) have published a book together on that theme. She is also a neighbor to Nancy Post (acupuncture alumna) and sometimes paints in her garden. Sara was gracious to allow use of her paintings on the cover and within the pages of *Meridians* back in 1996. Sara Steele's latest publication and her new 2012 calendar are available at the Meeting Point Bookstore.

Attend the Artist Reception for "Sara Steele: Watercolors" on Wednesday, November 2 from 5:00 p.m. - 7:00 p.m. Please help spread the word to others who might enjoy the reception and exhibition.

"Sara Steele: Watercolors"

Original painting by Philadelphia, PA artist Sara Steele
Now showing through November 30, 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 and other works are on sale through the Meeting Point bookstore, which is adjacent to the gallery.

Learn more about the [Himmelfarb Gallery](#) online or call 410-888-9048.



Considering a Career in Wellness? Get Started Now.



Attend an Open House this fall and begin shaping 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 you as you shift in a new direction.

The Institute offers several tiers of academic programming consisting of master's degrees, graduate certificate degrees, 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.**

[Learn more](#) about our academic programs.

[Nutrition and Herbal Medicine Programs Open House](#)
Tuesday, October 25
6:00 p.m. - 8:00 p.m.

[Graduate School Open House](#)
Tuesday, November 29
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.

Tai Sophia Launches NEW Master of Science in Therapeutic Herbalism*

Now Enrolling for January 2012



James Snow, RG(AHG), introduces the various options for education in herbal medicine offered at Tai Sophia Institute. [Click here to watch.](#) Attend the [Nutrition and Herbal Medicine Programs Open House](#) on October 25.
endorsement

Tai Sophia Institute is excited to announce a redesigned and reformatted [Master of Science in Therapeutic Herbalism](#). Delivered by highly experienced international faculty, it offers students the country's only master's degree in the field of herbalism.

The program integrates modern scientific knowledge with traditional herbal wisdom to build a deep understanding of the principles and practice of herbal medicine. The 19-month program is delivered in a weekend and intensive format, and prepares graduates for employment in the herbal industry and for the [Post-Master's Certificate in Clinical Herbalism](#) at Tai Sophia Institute.

* pending Maryland Higher Education Commission (MHEC)

Continuing Professional Education in Health & Wellness



Whether expanding your skill set, elevating your business to the next level, or simply looking for great topics to satisfy continuing education requirements (CEUs), the programs listed below are sure to make it into your appointment book.

[Chinese Medical Classics](#)

Saturday, October 15 - Sunday, October 16
9:00 a.m. - 5:00 p.m.

Instructor: Peter Eckman, M.D., Ph.D., M.Ac.

[Building, Managing, and Marketing Your Practice](#)

Saturday, November 19 - Sunday, November 20
9:30 a.m. - 4:30 p.m.

Instructors: Robert Notter, CHHC, AADP, and Rose Payne, CHHC, AADP

[Wholistic Nutrition: Food and Healing](#)

Saturday, October 15
9:00 a.m. - 4:00 p.m.

Instructor: Annemarie Colbin, Ph.D.

[Deepening Perspectives on Pulse Diagnosis](#)

Saturday, December 10 - Sunday, December 11
9:00 a.m. - 5:00 p.m.

Instructor: Lonny S. Jarrett, M.Ac., M.S., FNAAOM

[Weight Management](#)

Wednesdays, October 19 - November 9
5:30 p.m. - 8:30 p.m.

Instructor: Penny Friedberg, MBA, CHHC

[Zero Balancing I](#)

Wednesdays, February 1 - March 28
1:00 p.m. - 4:30 p.m.

Instructors: Elliot Abhau, MA, MST and Celeste Homan, MS, MAC, LAc

Click on titles for course descriptions, faculty biographies, and to register.

In addition, check out the [Individual Academic Courses](#) page for more great ways to gain CEUs.

Free Herbal Lunchtime Lectures Through December



Join us **Thursdays** this fall, 12:00 p.m. - 1:00 p.m., for FREE lunchtime lectures featuring herbal and nutritional information to support your health and wellness. Featured speakers include Herbal Medicine core faculty and third-year, clinic-level Herbal Medicine students. Reserve your seat today.

[Regulating Gut Inflammation with Food and Herbs](#)

October 6

[Probiotics in Children's Health](#)

December 1

[The Colors of Wellness](#)

October 13

[Herbal Approaches to Healthy Hair: A Cross-Cultural View](#)

December 8

[Supporting Immunity in Fall and Winter](#)

November 10

Click titles for event descriptions and registration information, or call 410-888-9048 ext. 6616.

The Practice of Ritual

A love note from Dianne Connelly

A community can be defined by the rituals valued and performed by its members. The Institute has been home to the practice of a daily noon bell-ringing that was conceived as a daily "yoo-hoo," an extension of the bell-ringing practice that Dianne Connelly, Co-founder and Chancellor Emeritus, brings to the courses she teaches. Often, her classes begin with a bell-ringing reminding all to offer a moment to reflect on being alive and awake. Dianne presences the value of ritual in a message to the Tai Sophia Community and beyond:

a ritual is a ceremony that joyfully and seriously marks in time and place 'that' we are here dwelling on this earth, that it could be otherwise and one day will be otherwise, though not yet. we are here. we are here now. we are here together. we are here, as the native traditions teach us, to honor the lineage we have come from and to serve the next generations... [read more](#).



Community Clinic Site Strikes a Cord with Local College Students

Tai Sophia Institute offers an array of clinical collaborations that provide relationship-centered health services to the wider community throughout the greater Baltimore/Washington area. Through these partnerships, we help to educate and empower community members by engaging them in new holistic practices. Currently we have 10 Community Clinic sites, one of which was [recently featured in the Baltimore Sun](#).

New Additions and October Hours at the Sherman Cohn Library

The Sherman Cohn Library is pleased to share a [list of new additions](#) to the collection and the hours for October.

Congratulations to Library Director, Jenifer Kirin, for being highlighted recently as "[member of the week](#)" on the Association

of College and Research Libraries (ACRL) website.

Hours

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

Saturdays: 10:00 a.m. - 2:00 p.m.

Call ahead for additional information at 410-888-9048 ext. 6644, or visit the [Library webpage](#) or keep in touch via [Facebook](#).



The Natural Care Center



Home to one of the first acupuncture clinics in the state and the nation, Tai Sophia has been offering [acupuncture](#) services since 1975.

Today, the Institute's clinic, the **Natural Care Center**, also offers [nutrition counseling](#), [herbal medicine consultations](#), and [massage therapy](#).

To learn more about our services and practitioners, visit the [Natural Care Center](#) online or schedule a [FREE 15-minute consultation](#).

To schedule an appointment, please call the Natural Care Center at 410-888-9048 ext. 6614.

FREE Fall Herb Show

Join Us Sunday, November 20

Join us on **Sunday, November 20** from 4:00 - 5:30 p.m. The show will feature herbal preparations and foods for personal and family care and will be hosted by students and faculty of the [Herbal Studies](#) and [Medical Herbalism](#) graduate certificate programs.

[Tai Sophia's Fall Herb Show](#)

*Sunday, November 20
4:00 p.m. - 5:30 p.m.*

The [Herbal Studies](#) and [Medical Herbalism](#) graduate certificate programs combine modern, scientific knowledge with traditional herbal wisdom, using the cycles of nature to guide the integration of herbs into daily life. To learn more, attend a [Graduate School Open House](#) or call 410-888-9048 ext 6647.



Gifts of the Autumn Season



Let the Autumn foliage serve as a reminder that energy of the fall season invites us to shift accordingly. The resource below offers a perspective that informs and reminds us of the natural gifts of the Autumn season, and is one of the many gems originally published in *Meridians*, a magazine formerly published by the Institute.

In the depths of grief, life renewed (article by Margaret Beatty in *Meridians*, Autumn, 2002)

In the Fall phase of the creative cycle, nature supports us in letting go and grieving our loss, while taking in life's beauty and inspiration.

"Tis holy to love what death can touch." – author unknown

There is a Buddhist story of a mother whose child died. The mother, overcome with grief, carried the dead body of her child to the Buddha. "Bring my child back to life!" she pleaded. The Buddha looked at her gently. "Bring me a mustard seed from a family that has not experienced loss," he said, "and I will bring your child back to life." ... [Click to read the complete article.](#)

Upcoming Off-Campus Events



[Coaching Connection Forum: Health & Wellness Coaching](#)

October 11

7:00 p.m. - 9:00 p.m. at Tai Sophia Institute in Laurel, MD



[Transformation: Healing Beyond Time or Space](#)

October 20-23 at the Westfields Marriott Hotel in Chantilly, VA



[First Annual Bull Roast Fundraiser](#)

to Benefit the Living Well with Cancer Program
October 21 in Glen Burnie, MD



[Integrating Five Elements & Traditional Chinese Medicine](#)

with John and Angela Hicks

November 12-14
Columbia, MD



Healing Community Trauma
How To Do Acupuncture In The Field For Traumatic Events
A 15 CEU Course (NCCAOM, TX, FL)

[Healing Community Trauma: How to do
Acupuncture in the Field for Traumatic Events](#)
November 12-13
Columbia, MD



[Zero Balancing I](#)
with Dr. Fritz Smith
December 1-4
Baltimore Centre for Wellness - Ellicott City, MD



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