



September 2011 edition

In this issue:



- Free Lunchtime Herbal Lectures
- Upcoming Admissions Events
- Fall Redefining Health Weekend
- Leadership Event with Charles Eisenstein
- New Women's Holistic Health Program
- Seasonal Foods: Autumn Transition
- Nutrition & Integrative Health Class Added
- Upcoming Continuing Education
- What's New: The Meeting Point & Library
- An Experience of Autumn and more!

Nature's Lessons for the Fall



Let the cooling temperatures 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.

Nature's Lessons for Fall

(article by Anne Bailey in *Meridians*, Autumn, 1998)

In 2,000 B.C., the Chinese wrote about specific connections between health and the seasons. Today, we can use that knowledge to prevent illness and help heal ourselves.

Listen to your inner wisdom, let go of what is no longer needed, receive inspiration.

When Judith, a travel agent in her forties, first came to acupuncture, she didn't realize there could be a connection between her recurring bronchitis and the energy of the fall season... [Click to read the complete article.](#)

"Sara Steele: Watercolors" Opens September 3



Himmelfarb Gallery welcomes nationally recognized artist.

"Sara Steele: Watercolors," original paintings by Philadelphia PA artist, opens September 3. Sara Steele is one of America's most widely recognized and lauded watercolorists. Her paintings range from dramatic images of flowers and evocative still lifes to expansive abstractions and ethereal landscapes. Her palette is intense, and the dialogue she establishes with her subjects is bold and expressive. Her paintings speak with a voice that is emotionally charged and intellectually argumentative.

"A key philosophical underpinning of Steele's work is the Tao as expressed in traditional Chinese medicine, which Steele has studied and embraced as a holistic source of wisdom and physical well-being," said Lisa Tremper Hanover, Director of the Berman Museum of Art at Ursinus College. Tai Sophia alumna and neighbor Nancy Post, Ph.D., M.Ac., says of Steele, "...in her daily life, Sara's great gift [is] her ability to entice a viewer into a more loving relationship with the natural world."

"Sara Steele: Watercolors"

Original painting by Philadelphia, PA artist Sara Steele

Showing from September 3 - 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.



Free Herbal Lunchtime Lectures this Fall



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.

[Wise Women: Using Food and Herbs to Thrive in Today's World](#)
September 8

[Supporting Immunity in Fall and Winter](#)
November 10

[12 Simple Ways to Detoxify Your Body](#)
September 22

[Probiotics in Children's Health](#)
December 1

[Regulating Gut Inflammation with Food and Herbs](#)
October 6

[Herbal Approaches to Healthy Hair: A Cross-Cultural View](#)
December 8

[The Colors of Wellness](#)
October 13

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



Considering a Career in Wellness? Get Started Now.

Attend an Open House this fall and begin designing your career in health and wellness. Explore all of Tai Sophia's academic offerings – from master's degrees to graduate certificates to individual master's-level courses. Bring a friend or family member and learn how we can partner you to advance your current career or support you as you shift in a new direction.

Tai Sophia Institute offers master's degrees in [Acupuncture](#), [Nutrition and Integrative Health](#), [Therapeutic Herbalism](#), and [Transformative Leadership and Social Change](#), graduate certificates in [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), [Transformative Leadership](#), [Wellness Coaching](#), and [Chinese Herbs](#), and a new post-master's certificate in [Women's Holistic Health](#).

[Graduate School Open House](#)
Tuesday, September 27
6:00 p.m. - 8:00 p.m.

[Nutrition and Herbal Medicine Programs Open House](#)
Tuesday, October 25
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 Institute is accredited by the Middle States Commission on Higher Education. The Institute's graduate programs are endorsed by the Maryland Higher Education Commission (MHEC).

What Would You Like to Redefine?



Join Tai Sophia Institute Co-Founders **Dianne Connelly** and **Bob Duggan** on October 1-2, for [Redefining Health](#), 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 Weekend](#) Signature Program

Saturday, October 1
9:00 a.m. - 5:00 p.m.

Sunday, October 2
9:30 a.m. - 4:30 p.m.

Fee: \$165

CEUs: 12

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

Register Now



[Robert M. Duggan](#), M.A., M.Ac.(UK)

Class size is limited, so [register online now](#). For more information, contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu. [Download printable Redefining Health flyer](#).

One weekend will help you redefine just about anything.

Tai Sophia Launches Post-Master's Certificate in Women's Holistic Health

First program of its kind starts October 1



Designed specifically to meet the needs of acupuncturists treating complex health issues of today's women, this distinct program delivers a holistic and integrative approach to provide students with an in-depth understanding of the theory, research, and clinical techniques relative to puberty, fertility, pregnancy, childbirth, postpartum, and menopause through the years.

If you are interested in the program, you can get a taste by attending the first weekend course, [Foundations of Women's Health and Wellness](#), on October 1-2. CEUs are available. [Click for more details](#).

The application deadline for the [Post-Master's Certificate in Women's Holistic Health](#) is **September 19**. Contact the Office of Graduate Admissions at 410-888-9048, ext. 6647 for more information. [Download an application](#).

Noteworthy: Women's Holistic Health Program Manager and core faculty member, Linda Simons, and core faculty member, Jane Grissmer, are presenting *Awakening the Senses: Body/Mind/Spirit* on September 9 at the [The Five Element Acupuncture Symposium 2011](#).

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: \$80 (\$75 with early registration on or before **September 16**)
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.

Eating Seasonally Offers More Than Great Taste

There are many good reasons why we should eat more local foods. Reducing transport costs and emissions, higher nutritional value, and support of the local economy are all new ways to support the world and the body we live in. Eating seasonally helps us to reconnect to nature's cycles and the passage of time. But most importantly, local seasonal food is fresher and tends to be tastier and more nutritious.

Enjoy the end of the summer and fall transition with these recipes featuring Mediterranean flavors, all made with local in-season produce:

- [Raw Beet Salad](#)
- [Gazpacho](#)

- [Refreshing Green and Mint Tea](#)



Continuing Education for Health & Wellness Professionals



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.

[NCCAOM Review Course](#)

Wednesdays, September 7 - December 14
9:00 a.m. - 11:30 a.m.

Instructor: Heidi Most, M.Ac., L.Ac., Dipl. Ac.

[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.

[Wholistic Nutrition: Food and Healing](#)

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

Instructor: Annemarie Colbin, Ph.D.

[Weight Management](#)

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

Instructor: Penny Friedberg, MBA, CHHC

[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

[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

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.

Fall Individual Academic Courses Now Enrolling

Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses that members of the general public may take as Advanced Special Students. Incoming students can choose these courses and professionals can apply them to CEU requirements. Limited seats are still available in the following courses:

[ISci 625 – Cell & Molecular Biology](#) – class starts September 12

[ISci 632 – Foundations of Health and Wellness](#) – class starts September 19

[ISci 621 – Physics & Energy](#) – class starts October 1

[ISci 730 – Integrating Approaches to Care of the Whole Person](#) – class starts November 2

[ISci 521 – Foundational Chemistry for Health Sciences, Sec. 2](#) – class starts November 4

Click on course title for course details, including [registration information](#). Contact Alumni Affairs at 410-888-9048, ext. 6642 to learn about CEUs. [Download printable Individual Courses flyer](#).

New Class Added for Nutrition & Integrative Health Graduate Program

Rebecca Snow named program director.

Due to overwhelming demand for the program, a new class for the **Master of Science in Nutrition and Integrative Health** has been added and will begin in January 2012. The inaugural class scheduled for September 2011 is filled. This Master's degree offers a holistic approach to nutritional study that emphasizes the interrelated physical, medicinal, psychological, sociocultural, and spiritual roles food plays in people's lives. [Learn more](#) about this degree program.

The program is under the leadership of a newly named director, Rebecca Snow, M.S., LDN, CNS, RH (AHG), a licensed nutritionist and professional herbalist. "This is a critical time for a program of this nature, which trains nutritionists to address major health and societal issues such as obesity from a holistic perspective," says Snow. "Graduates of this program will be uniquely prepared to help lead the food revolution and provide an essential voice to inspire and create personal, cultural, and global change."



Rebecca Snow, Program Director,
 Master of Science in

Positive Trend in Employer Tuition Reimbursement

Students in our leadership programs (Master of Arts in [Transformative Leadership and Social Change](#), Graduate Certificate in [Transformative Leadership](#)) are finding their employers enthusiastic to provide tuition reimbursement. Employers such as Kennedy Krieger, Boeing, United States Department of Agriculture, and the National Security Administration recognize that our leadership programs develop leaders with the ability to address the complexities of today's work environment.

Unlike any other leadership programs, we offer a unique intellectual and philosophical framework weaving together evidence-based leadership practices, the emerging field of transformative language arts, and traditional wisdom practices.

For more information about the academic programs, contact the Office of Graduate Admissions at admissions@tai.edu or 410-888-9048 ext. 6647.

Have you asked your employer for tuition reimbursement? Before you apply for a student loan, check out your company's handbook to see if you can get a little help from your employer.

In 1996, Congress passed legislation making a corporate investment of up to \$5,250 toward tuition reimbursements for an employee tax free. National statistics during the last decade show that more companies are looking for ways to retain talent by investing in the training and development of their most valuable employees.

New Additions & September Hours at the Sherman Cohn Library

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

Visit the [Library's web page](#) or keep in touch via [Facebook](#).

Hours

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

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

CLOSED: Monday, September 5 (Labor Day)



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

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

Exciting Changes at The Meeting Point

The Meeting Point staff is looking forward to another season of great service. Stay tuned for announcements on tastings, sales, and book signings.

New at the store you will find **expanded food options**, including wraps and a new line of nutrition bars. In addition, **more spacious seating** is available to support customers who wish to extend their visit and enjoy more of the relaxing atmosphere; and the book sections have been restructured to clearly identify products and ease browsing. Several **new titles** have arrived and are sure to please the avid readers in the community.



Tai Sophia Executive Publishes Book on Wellness

[Eight Shifts for Wellness](#) provides clear, helpful, and effective concepts, ideas, practices, and tools you can use to improve your personal health and wellness and that of your family and others. These concepts and tools, based on contemporary knowledge and historical wisdom, are universal and can be applied by anyone.

[Marc Levin, M.B.A., CPA](#), is the Institute's V.P. for Business and Financial Services and has completed the [Graduate Certificate in Transformative Leadership](#) program and is in the final stages of the [Master of Arts in Transformative Leadership and Social Change](#).



Upcoming Off-Campus Events



[The Five Element Acupuncture Symposium 2011](#)
September 9 in Santa Monica, CA
Featured Alumni: Pat Gorman, M.Ac., B.Ac., (UK), L.Ac., Dipl. Ac.; Jane Grissmer, M.Ac., L.Ac.; Linda Simons, RN, M.Ac., L.Ac., Dipl. Ac.



[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](#)
November 12-14
Columbia, MD



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

[Web Site](#) | [Vision & Mission](#) | [Support Our Work](#)
[Master's Degrees](#) | [Graduate Certificates](#) | [Continuing Professional 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](#).

