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News and Events



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November 2011 edition

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Autumn's Gift

Energy that inspires, purifies, reveals life's essence

In autumn we learn more about ourselves, perhaps, than in any other season. Having provided the harvest, Nature now makes everything bare.

In this season Nature lets go of its abundant creation of the past year in a grand final display. Autumn marks the end of the growing season — a turning inward, a falling away of outer-directed energy. Leaves turn color and drop. The old leaves go back to the earth, enriching it to promote the coming of new leaves, a new harvest.

Nature instructs us about our own cycles of creating and letting go: Trees in autumn don't stubbornly hold onto their leaves because they might need them next year. Yet how many of us defy the cycle and hold onto what we've produced or collected — those decayed leaves, that old negativity? How can we hope for a harvest next year unless we let go of the old and start afresh?

[Read the complete article by Neil Gumenick, originally published in *Meridians*, Autumn 1996.](#)



Special Discount Offer on Sara Steele Paintings

Attend the Himmelfarb Gallery Artist Reception on November 2.

Sara Steele, with her great admiration for Tai Sophia Institute and the philosophy it transmits (including her studies here years ago), has made a very special, **limited-time offer: a 25% discount on all paintings valued at \$1000 and above.** The offer is in effect from 5:00 p.m. on Wednesday, November 2 (night of the Artist Reception) through 5:00 p.m. on Thursday, November 3, 2011. A portion of the sales of these artworks will support the work of the Institute. This is an extraordinary opportunity to purchase one of Sara's magnificent watercolors and benefit Tai Sophia at the same time.

The Meeting Point Bookstore at Tai Sophia handles the sale of paintings for the Himmelfarb Gallery where 30 of Sara's works are on view. Purchases must be made in person during the Artist Reception. During business hours on November 3 you can get the discount in person or by phone order (410-888-9048 ext. 6632).

Artist Reception – "Sara Steel: 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.

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



Considering a Career in Wellness? Get Started Now.

This Fall, begin or continue 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.

[All Program 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.

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**. Consider attending an upcoming event to learn more about our [academic programs](#).

[Acupuncture and Oriental Medicine Programs Open House](#)

Thursday, November 17
6:00 p.m. - 7:45 p.m.

[All Programs Graduate School Open House](#)

Saturday, January 28
9:30 p.m. - 12:30 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).

A Simple Seasonal Recipe — Hot Ginger Lemonade

Hot ginger lemonade is perfect for warming up both the body and your natural defenses. Lemons are full of vitamin C, and ginger helps promote natural defenses and is also helpful to warm digestion.

The proportions in hot ginger lemonade are very flexible. The seasonal brew can be kept on the stove for several days by simmering or boiling every 6 hours, adding more water as needed. The ginger won't lose its potency for a long time. Hot ginger lemonade is ideal for gatherings or times when you know you are exposed to others who aren't feeling well. [Learn more](#).

The recipe is from Bevin Clare, M.S., LDN, CNS, RH(AHG), a clinical herbalist and nutritionist with a deep love of plants, and faculty member of the [Master of Science in Therapeutic Herbalism Program](#).



Life as Transformation — a Story of Personal Growth

Melanie Cobb, TL Grad, TLSC Student and Head of Middle School

Upon completing the Graduate Certificate in [Transformative Leadership](#), Melanie Cobb continued her academic studies by enrolling in the Master of Arts in [Transformative Leadership and Social Change](#) program. Below is part of her story of transformation.

"Before I came to Tai Sophia, I had been teaching at an independent school for five years. I knew that I wanted to get a master's degree that would help me advance in my job, but I wasn't sure what type of degree. Each year, I would look into a different program at various schools. Nothing really seemed right.

When I found Tai Sophia's Transformative Leadership program, I knew it was the next step on my path. Not only did it help me advance in my career, it gave me a community of like-minded seekers, healers, and colleagues, and opened my eyes to an entirely new way of being in the world. The program quickly helped me to realize that it wasn't more knowledge I needed; it was a leadership presence that I needed, which I define as being calm, steady, and able to inspire others... [Read more](#).



Melanie Cobb in the Bob Marshall Wilderness of Montana this past summer. Consider the next step in your personal journey at the next [Open House](#) on November 29.

FREE Fall Herb Show

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.

Topics include: Pregnancy Support, Herbs for Supporting the Body Through Depression and Anxiety, Medicine of the High Middle Ages, Children's Herbs, Kitchen Herbs, Violet Medicine, Herbs for the Family, and more.

[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.



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 third-year, clinic-level Herbal Medicine students. Reserve your seat today.

[Supporting Immunity in Fall and Winter](#)

November 10

[Herbal Approaches to Healthy Hair:](#)

[A Cross-Cultural View](#)

December 8

[Probiotics in Children's Health](#)

December 1

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

Continuing Professional Education in Health and 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.

[Integrating Approaches to Care of the Whole Person: Women's Health](#)

Wednesday, November 2

9:00 a.m. - 4:00 p.m.

Instructors: Linda A. Simons M.Ac., L.Ac., R.N.; Marianne Rothschild, M.D.; Jane Grissmer, M.Ac.(UK), Dipl.Ac.(NCCAOM); Robin Johnsen, R.N., L.Ac., Dipl. Comp.; Diane Gioioso, M.Ac., L.Ac. (Chinese Herbs)

[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

[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

[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.

New Additions and November 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 November.

Hours

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

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

CLOSED: November 24-26 (Thanksgiving Holiday)

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.

Upcoming Off-Campus Events



[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

**AMERICAN COLLEGE OF NUTRITION
52ND ANNUAL CONFERENCE**

[American College of Nutrition Annual Conference](#)
November 16-19
Morristown, NJ



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



THE INSTITUTE FOR INTEGRATIVE HEALTH

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

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