



**Tai Sophia
Institute**

For Immediate Release
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TWO FREE WEEKS of WELLNESS PROGRAMS in JANUARY at TAI SOPHIA INSTITUTE

(Laurel, MD) November 21, 2009—Tai Sophia Institute (www.tai.edu) is pleased to offer two weeks of free, introductory wellness programs, from January 12-21, 2010. Tai Sophia Institute, a private, nonprofit organization, is a diverse wellness resource providing accredited graduate academic programs, continuing education, community wellness programs, and clinical services in acupuncture, nutrition, and herbal medicine.

Week One

Week one includes a sampling of wellness classes rooted in the philosophy and wisdom of the Institute's accredited graduate programs in Transformative Leadership, Acupuncture, and Herbal Medicine.

Powerful Practices for Everyday Living

Tuesday, January 12, 6:30 pm – 8:00 pm

Learn two powerful practices – Making Clear Requests and Creating and Shifting Moods – to unleash profound change in your work, your home, and you. Participants in this course will gain practical tools to take effective action, let go of unnecessary suffering, find vast possibility in all situations, and create greater ease in relationships with work colleagues, friends, and family.

Healthy Eating for the Busy Lifestyle

Wednesday, January 13, 6:30 p.m. – 8:00 p.m.

Eating healthy doesn't need to be expensive, time-consuming or boring. Come learn the basics of feel-good nutrition. Come learn:

- how to shop for and prepare simple meals for optimal performance at work
- how to identify healthy prepared meals
- which snacks and herbs can boost and sustain your energy instead of sugar and caffeine

Walk away from this class with a plan that matches your unique health and lifestyle needs. Food and drink samples will be provided.

Acupuncture for Health, Healing, and Wellness

Thursday, January 14, 6:30 p.m. – 8:00 p.m.

Join us for an introductory discussion and demonstration of traditional acupuncture – based on over three decades of teaching and treatments at Tai Sophia, home of the nation's first accredited acupuncture program. Learn what "qi" (chi) is, how acupuncture works, what happens in the treatment room, and why millions are choosing this millennia-old method to heal, address pain, and maintain wellness.

(more)

7750 Montpelier Road
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Week Two

Week two offers a sampling of upcoming movement, meditation and bodywork class series to be offered from late January through early April. Come and meet the instructors at these free events:

Qi Gong: Dance of the Phoenix

Tuesday, January 19, 6:00 p.m. – 7:00 p.m.

Qi Gong (pronounced “chee gung”) is the Taoist health and longevity exercise practiced for thousands of years in China. Today, thousands of Americans are discovering its benefits, feeling more refreshed, relaxed, and reinvigorated.

Chakra Energy Balancing

Tuesday, January 19, 6:30 p.m. – 7:30 p.m.

Chakra Energy Balancing is an ancient form of hands-on healing that uses a gentle, non-invasive touch to balance the subtle energy field. The opening of the chakras and balancing of the energy flow gives the body access to all available resources for wellness. Join us for a free introduction to learn more about this four-level course that provides you with both practical skills and theory for self-development or to serve as a foundation for practitioner-level training.

Medical Longevity Qi Gong and Three Jewels Qi Gong

Wednesday, January 20 6:00 p.m. – 7:30 p.m.

Medical Qi Gong specifically focuses on improving physical health and wellness by eliminating blockages, rigidity, and disease through gentle physical movements and synchronized breathing. This form easily accommodates a beginner with limited flexibility, as well as an advanced student.

Yoga and Meditation

Thursday, January 21 6:00 p.m. – 7:30 pm

All events will be held on Tai Sophia Institute’s campus at 7750 Montpelier Road, Laurel, MD, 20723. **To register** or for more information, please visit www.tai.edu or call Community Programs at 410-888-9048, ext. 6611. Complete details for these free events can be found at <http://www.tai.edu/IntroPrograms.aspx>.

ABOUT TAI SOPHIA INSTITUTE

Tai Sophia Institute, a private, nonprofit organization based in Laurel, Maryland, is a leading center for wellness-based education, client care, and public policy discourse. Tai Sophia offers accredited graduate academic programs, continuing education, community wellness programs, and clinical services in acupuncture, nutrition, and herbal medicine. The Institute’s 12-acre main campus also houses a bookstore, a library, and herb and meditation gardens that are open to the public, as well as an herbal dispensary.

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