

December 2010 edition

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Announcing the Leadership & Social Change Lecture Series



Tai Sophia Institute is pleased to announce the *Leadership & Social Change Lecture Series*. This series of occasional lectures will feature *free, interactive talks* with pioneers and innovators in leadership and social change.

Please join us on Friday, December 3 at 7:00 p.m., for the inaugural lecture, *Business as a Force for Social Justice and Environmental Sustainability*, presented by Ted Rouse, Principal, Healthy Planet, LLC, and son of developer/philanthropist James Rouse, and Daisy Barquist, Tai Sophia Institute alumna and lawyer.

Free Lecture

[Business as a Force for Social Justice and Environmental Sustainability](#)

Friday, December 3, 2010

7:00 p.m. - 8:30 p.m.

Speakers: [Ted Rouse](#) and [Daisy Barquist](#)

Ted and Daisy will discuss their work introducing low carbon footprint building materials in Rwanda, developing a Fair Trade-certified "green" gold mining operation in Bolivia, and bringing urban agriculture to downtown Baltimore. A question-and-answer period will follow their presentation.

Space is limited. [Reserve your seat today.](#)

Tai Sophia is now enrolling for the January 2011 [Transformative Leadership graduate certificate](#) and [Transformative Leadership & Social Change master's degree](#) programs.

Earning a Graduate Certificate Just Might Change Your Life

Did you know that a graduate certificate is a quick and powerful way to enhance your current career, springboard to a new one, or learn new skills to benefit your community, your family, and yourself?

And even better, the credits from Tai Sophia's executive format graduate certificate programs can be counted towards master's degrees and other graduate-level programs. Licensed professionals also can earn CEUs.

[Graduate Certificate Programs Showcase](#)

Tuesday, December 7, 2010

6:00 p.m. - 8:00 p.m.

Come to Tai Sophia — a leading, regionally accredited graduate school — on Tuesday, December 7 from 6:00 - 8:00 p.m. and preview the following 9- and 10-month graduate certificate programs:

[Transformative Leadership](#)
[Health Coaching](#)
[Herbal Studies](#)
[Medical Herbalism](#)
[Wellness Coaching](#)

Now enrolling for January 2011
Now enrolling for April 2011
Now enrolling for April 2011
Now enrolling for April 2011
Now enrolling for April 2011

A special breakout session will be held for Tai Sophia's newly redesigned, 25-month (660 hours) [Graduate Certificate in Chinese Herbs](#), now open to all acupuncture students and practitioners and now enrolling for April 2011.

[View December 7 agenda.](#) Learn more about [the value and benefits of earning a graduate certificate.](#)

To RSVP, for more information, or to schedule a one-on-one visit, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu. Please plan to attend the entire event.

Future Open Houses

Graduate School Open House

Saturday, January 29, 2011
9:30 a.m. - 12:30 p.m.

Graduate School Open House

Saturday, March 12, 2011
9:30 a.m. - 12:30 p.m.

Tai Sophia Institute is accredited by the Middle States Commission on Higher Education.

Ring in the New Year with Two Weeks of Free Wellness Classes

Bring a friend or family member and join us for our winter series of FREE wellness classes. Click on titles for class descriptions and to reserve your seat.

Supporting Fertility with Acupuncture

Tuesday, January 18

6:30 p.m. - 8:00 p.m.

Instructor: Kaiya Larson, M.Ac., L.Ac.

Whole Foods: Nourishing the Body, Mind, and Spirit

Thursday, January 20

6:30 p.m. - 8:00 p.m.

Instructor: Rebecca Snow, M.S., CNS, RH(AHG)

Stillness, Reflection, and Meditation

Wednesday, January 19

6:30 p.m. - 8:00 p.m.

Instructor: Karl Ardo, M.F.A.

Wintertime Herbs & Herbal Preparations

Tuesday, January 25

6:30 p.m. - 8:00 p.m.

Instructor: James Snow, RH(AHG)

Attend a free introductory movement and meditation class. Each of these free evenings also serves to introduce you to the instructors for our winter 10-week Qi Gong, yoga, and meditation class series.

Qi Gong: Dance of the Phoenix

Monday, January 24

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

Yoga and Meditation

Thursday, January 27

6:00 p.m. - 7:30 p.m.

Instructor: Ashley Litecky, M.S., RYT

Medical Longevity Qi Gong and Taoist Meditation

Wednesday, January 26

6:00 p.m. - 7:30 p.m.

Instructor: Karl Ardo, M.F.A.

To reserve your space, please [register online](#) or contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu.

Stay Well, Be Well This Winter

Stay well, be well this winter with a 10-week evening movement or meditation class. Attend a free introductory class and meet the instructors for these classes during our January two free weeks of wellness classes.

Qi Gong: Dance of the Phoenix, Level I

Mondays, January 31 - April 4

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

Medical Longevity Qi Gong and Taoist Meditation*

Wednesdays, February 2 - April 6, 2011

6:00 p.m. - 8:00 p.m.

Instructor: Karl Ardo, M.F.A.

Qi Gong: Dance of the Phoenix, Level II

Tuesdays, February 1 - April 5

6:30 p.m. - 7:30 p.m.

Instructor: Chan Zhang

Yoga and Meditation, Level I

Thursdays, February 3 - April 7

6:00 p.m. - 7:15 p.m.

Instructor: Ashley Litecky, M.S., RYT

Medical Longevity Qi Gong

Wednesdays, February 2 - April 6

6:00 p.m. - 7:00 p.m.

Instructor: Karl Ardo, M.F.A.

Yoga and Meditation, Level II

Thursdays, February 3 - April 7

7:30 p.m. - 8:45p.m.

Instructor: Ashley Litecky, M.S., RYT

Taoist Meditation

Wednesdays, February 2 - April 6

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

Instructor: Karl Ardo, M.F.A.

To reserve your space, please [register online](#) or contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu.

*This is a special discounted offering for those who wish to take both Medical Longevity Qi Gong and Taoist Meditation.

Life-Changing Wisdom is at the Heart of Our Signature Programs

Join Tai Sophia co-founders Bob Duggan and Dianne Connelly, and Transformative Leadership & Social Change program designer, John Sullivan, for the **SOPHIA® Intensive** on January 3-7, 2011.

On February 5-6, join Bob and Dianne for *Redefining Health*.

SOPHIA® Intensive

(School Of Philosophy and Healing In Action®)

January 3, 2011 - Friday, January 7, 2011

9:00 a.m. - 5:30 p.m.

Redefining Health

Saturday, February 5, 2011

9:00 a.m. - 5:00 p.m.

Sunday, February 6, 2011

Instructors: [Dianne M. Connelly](#), Ph.D., M.Ac.(UK)
[Robert M. Duggan](#), M.A., M.Ac.(UK), and [John G. Sullivan](#), Ph.D.

This rich five-day course introduces the philosophical underpinnings at the core of each of Tai Sophia's academic programs. Drawn from the timeless teachings of global wisdom traditions and nature, and grounded in powerful transformative language practices, this course teaches students to be more self-aware, to develop leadership and life skills, and to become adept at navigating personal and professional challenges in order to create sustainable change. [Learn more.](#)

Space is limited. Reserve your seat today. [Register online](#) or call Community Programs at 410-888-9048 ext. 6611.

Tai Sophia Signature Programs are approved for CEUs and contact hours.

9:30 a.m. - 4:30 p.m.

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

This weekend program has the ability to influence the way you relate to others and to yourself. Learn ways to set priorities in the context of partnership with others, without opposition and judgment. Redefine your upsets, your fears, your relationships, and ultimately your health and your life. [Learn more.](#)

The Meeting Point - "Keep Calm and Carry On"

"[Keep Calm and Carry On](#)" appeared on posters produced by the British government in 1939 during the beginning of World War II. The slogan was intended to raise the morale of the British public under the threat of impending invasion by the German Army. The poster was rediscovered in 2000 and is now featured in the Meeting Point bookstore on a number of products.

Soon joining the poster, mug, tote bag, and greeting card will be water bottles and aprons.

[View Meeting Point hours and shop online.](#)



New Himmelfarb Exhibit Opens December 2



Artist Reception on December 9

"[Ascending Through the Darkness](#)," abstract oil pastel drawings and acrylic paintings by Baltimore, Maryland artist Ania M. Milo, opens **Thursday, December 2** at Tai Sophia's Himmelfarb Art Gallery.

Ania M. Milo depicts her personal journey to wellness, self-discovery, and spiritual fulfillment in her debut exhibition. "I create not only for myself, but for others who struggle with difficult experiences. I envision my artwork as a safe place where viewers are comforted with the knowledge that they are not alone," says Milo.

An [Artist Reception](#), which is open to the public, will be held **Thursday, December 9** from 5:00 p.m. - 8:00 p.m.

["Ascending Through the Darkness"](#)

Abstract Drawings and Paintings by Ania M. Milo
Showing from December 2, 2010 - February 26, 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.
(Please note: Tai Sophia will be closed December 24-January 2.)

Artworks from the show will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the [Himmelfarb Gallery](#) online or call 410-888-9048.



"My Fever Burns"

The Natural Care Center

Schedule a FREE Consultation

Celebrating 35 years of serving the community, the Natural Care Center offers [acupuncture](#), [craniosacral therapy](#), [herbal medicine consultations](#), [massage therapy](#), and [nutrition counseling](#).

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](#).

Mind-Body Resources at the Sherman Cohn Library

The Sherman Cohn Library is pleased to announce the availability of an updated *Mind-Body Resource List*. What is mind-body medicine? What resources are available? View or download the list [here](#) or visit the [Library's web page](#).

Also, the Sherman Cohn Library is pleased to present [recent additions to our collection](#).

Regular Hours: Mon. - Fri. from 8 a.m. - 7 p.m. (Dec. 1 - 19)
Saturday Hours: Dec. 4, 11, and 18 from 10 a.m. - 2 p.m.
Holiday Hours: Dec. 20 - 22 from 12 p.m. - 7:00 p.m.
CLOSED: Dec. 23 - 31 (The library will reopen on Monday, January 3, 2011.)



Want to hear from us more frequently? Visit the [Sherman Cohn Library on Facebook](#).

Upcoming Off-Campus Events



[Maryland Acupuncture Society](#)
Continuing Education Events for
Acupuncturists

[Contact the MAS Registrar](#)
or call 443-320-1695.

Nurturing the Unfolding of Life with Jeffrey Yuen
December 4-5, 2010

The Elegance and Simplicity of Classical Herbs
with **Alex Tiberi**
Series starts on *February 12, 2011*

Master Tung's Magic Points with Robert Chu
March 12-14, 2011

[Learn more.](#)



[Integrative Healthcare Symposium](#)
March 4-6, 2011
New York, NY

James Snow, RH(AHG), Tai Sophia Institute's Herbal Medicine Program Director, will present "*Food as Medicine for the Liver*" from 3:45 p.m. to 5:00 p.m. on Sunday, March 6.

Learn more and [register](#).

Wintertime Wellness Tips: Ten Top Immune-Boosting Foods



What you eat has a huge impact on how well your immune system is able to function. Eating whole, nutrient-dense foods offers your body the building blocks it needs for optimal immunity and optimal health.

Incorporate these top immune-boosting foods into your weekly diet:

1. **Garlic**—antimicrobial and stimulates the immune system
2. **Fish oil**—omega-3's increase phagocytic activity and strengthen cell membranes
3. **Leafy greens**—high in B vitamins, minerals, and beta-carotene
4. **Berries**—packed with antioxidants to deal with the aftermath of immune battles
5. **Citrus**—high in vitamin C and other bioflavonoids

[View #6 - 10 here.](#)

Besides keeping yourself well-nourished, get outside for sunshine and a walk every day, allow for plenty of rest, and spend some time in good company—all activities that will support excellent immunity.

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