



April 2011 edition

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## Free Nutrition Webcast

Register to watch *Live Nourished* today!



Annemarie Colbin, Ph.D., keynote speaker at the Live Nourished Nutrition Conference.

If you didn't get to attend Tai Sophia's ground-breaking *Live Nourished* Nutrition Conference late last year, now's your chance to see and hear it all.

Tai Sophia is pleased to present the complete conference via **free webcast**. Watch all five of the top nutrition thought leaders who participated in the conference — Annemarie Colbin, Charles Eisenstein, Sally Fallon Morell, Paul Pitchford, and Kathie Swift. Or just watch your favorite.

Once you register, you may view the speaker presentations whenever you like through June 30. [Register for the free webcast.](#)

Register Now

of [Science in Nutrition and Integrative Health](#). Learn more about this degree at our upcoming [Nutrition Program Open House](#) on May 19. We are now enrolling for the September 2011 inaugural class and class size is limited. If you are interested in applying, please contact the [Office of Graduate Admissions](#) at 410-888-9048 ext. 6647 today.

The *Live Nourished* conference kicked off the curriculum design process for Tai Sophia's new [Master](#)

## Expand Your Knowledge or Springboard to a New Career

Mark your calendar for the following Graduate School Open House events. Click on event title for more information.

[Faculty-Led Herb Walk and Herbal Programs Information Session](#)  
Thursday, April 28  
2:00 p.m. - 5:00 p.m.

[Graduate School Open House](#)  
Saturday, June 18  
9:30 a.m. - 12:30 p.m.

[Nutrition Program Open House](#)  
Thursday, May 19  
6:00 p.m. - 8:00 p.m.

[Graduate School Open House](#)  
Saturday, July 30  
9:30 a.m. - 12:30 p.m.

Tai Sophia offers master's degrees in [Acupuncture](#), [Herbal Medicine](#), [Nutrition and Integrative Health](#)\*, and [Transformative Leadership and Social Change](#), and graduate certificates in [Chinese Herbs](#), [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), [Transformative Leadership](#), and [Wellness Coaching](#).

Plan to attend an Open House? Please RSVP to the Office of Graduate Admissions at [admissions@tai.edu](mailto:admissions@tai.edu) or 410-888-9048 ext. 6647.

(\* pending MHEC approval.) Tai Sophia Institute is accredited by the Middle States Commission on Higher Education.

## Tai Sophia Faculty Goes to United Nations

Talks Focus on Education and Sustainability

Recently, Anne Baker, Transformative Leadership and Social Change (TLSC) core faculty and January 2002

program graduate, was invited to join members of the [Beyond Sustainability](#) group and others committed to the [Earth Charter](#) to meet at the United Nations in New York City to develop action steps for the Earth Charter. The group also met to further the discussion started at the Earth Charter Task Force on Religion, Spirituality, and Ethics at the [Earth Charter+10](#) conference held in India in November. The discussions focused on what is needed to further the ethical, spiritual, and educational foundation of the Earth Charter as a central pillar of the sustainability movement.

The participants were charged with brainstorming on combining educational resources into a global program that would empower people to understand and act to create a just, sustainable future for all. The brainstorming group, which was limited to 22 participants, included Earth Charter activists and scholars from Costa Rica, Brazil, Holland, England, Germany, France, Japan, as well as representatives from Harvard, Yale, and Tai Sophia.



Photo Credit: NASA

The group also participated in presentations on Sustainable Development Governance and action steps for [Rio+20, the United Nations Conference on Sustainable Development](#), a UN gathering focused on sustainability to be held in Brazil in June 2012 (more information also at [Earth Summit 2012](#)).

Anne will continue her work with the Earth Charter both through her teaching at Tai Sophia and in continued dialogue and planning with the group that met in New York.

*Learn more about Tai Sophia's [Transformative Leadership and Social Change program](#).*

## Tai Sophia Welcomes New Chinese Herbs Program Director

Tai Sophia Institute is pleased to welcome Evan Rabinowitz, M.Ac., Dipl.Ac.(NCCAOM), as director of the newly redesigned graduate certificate program in Chinese Herbs. Evan brings a wealth of experience and knowledge to the position. "He is a bright, wise, and innovative teacher and leader," said Acupuncture Program Director Jeff Millison. "We are thrilled he has taken on the directorship of the Chinese Herbs program."

Through careful revision, Evan has created a very exciting program that is unique in the country for its integration of Five Element constitutional perspectives, Classical Chinese Medicine, Eight-Principle diagnosis, and Zang-Fu pattern differentiation. The 2011 class of the Chinese Herbs program begins later this month.

Please join us in giving Evan a very warm welcome and acknowledging the many contributions of outgoing program director Cara Frank.



[More about Evan.](#)

## Free Evening Wellness Classes: May 2-12



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

### [Medicinal Foods from Around the Globe](#)

*Monday, May 2*

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

Instructor: Bevin Clare, M.S., RH(AHG)

### [Creating Herbal-Infused Oils](#)

*Thursday, May 5*

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

Instructor: Tricia McCauley, M.Sc.

### [Understanding Wellness](#)

*Tuesday, May 3*

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

Instructor: James Snow, RH(AHG)

### [How Does Acupuncture Address Pain?](#)

*Tuesday, May 10*

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

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

### [The Art of Being a Healing Presence](#)

*Wednesday, May 4*

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

Instructor: Cheryl Walker, M.L., MCC

Attend a free introductory movement and meditation class. Each of these free evenings also serve to introduce you to the instructors for our late spring/summer 10-week movement and meditation classes.

### [Qi Gong: Dance of the Phoenix](#)

*Monday, May 9*

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

Instructor: Chan Zhang

### [Yoga and Meditation](#)

*Thursday, May 12*

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

Instructor: Ashley Litecky, M.S., RYT

### [Medical Longevity Qi Gong and Taoist Meditation](#)

*Wednesday, May 11*

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

Instructor: Karl Ardo, M.F.A.

## Movement and Meditation for Everyone



New 10-week series begin in May

These 10-week evening movement and meditation classes can serve as your weekly anchor for health and wellness:

[Qi Gong: Dance of the Phoenix, Level I](#)

*Mondays, May 16 - August 1*

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

Instructor: Chan Zhang

[Medical Longevity Qi Gong and Taoist Meditation\\*](#)

*Wednesdays, May 18 - July 20*

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

Instructor: Karl Ardo, M.F.A.

[Qi Gong: Dance of the Phoenix, Level II](#)

*Tuesdays, May 17 - July 19*

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

Instructor: Chan Zhang

[Yoga and Meditation, Level I](#)

*Thursdays, May 19 - July 21*

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

Instructor: Ashley Litecky, M.S., RYT

[Medical Longevity Qi Gong](#)

*Wednesdays, May 18 - July 20*

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

Instructor: Karl Ardo, M.F.A.

[Yoga and Meditation, Level II](#)

*Thursdays, May 19 - July 21*

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

Instructor: Ashley Litecky, M.S., RYT

[Taoist Meditation](#)

*Wednesdays, May 18 - July 20*

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

Instructor: Karl Ardo, M.F.A.

Click titles for class descriptions and to register, or contact Community Programs at 410-888-9048 ext. 6611 or [communityprograms@tai.edu](mailto:communityprograms@tai.edu). [Download printable Movement and Meditation Classes flyer.](#)

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

## Continuing Professional Education at Tai Sophia



Taught by subject-matter experts, the following continuing professional education classes and seminars are being offered at Tai Sophia's Laurel campus:

[Supporting Fertility and Early Pregnancy](#)

*Saturday, April 30, 2011*

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

*Sunday, May 1, 2011*

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

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

[Weight Loss:](#)

[Comprehensive and Multidisciplinary Approaches](#)

*Wednesday, June 1*

*6:00 p.m. - 9:00 p.m.*

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

[Nutrition and Cooking:](#)

[Using Food as a Healing Modality](#)

*Wednesdays, May 18, May 25, June 1, and June 8*

*5:30 p.m. - 8:30 p.m.*

Instructor: Penny Friedberg, M.B.A., CHHCT

For complete course descriptions and to register, click on course titles. For more information, please call 410-888-9048 ext. 6642.

## Spring Individual Academic Courses Now Enrolling

Classes Offered on Weekends

Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses for non-degree-seeking students. Seats are still available in the following 3-credit courses:

[APP 632: Foundations of Health and Wellness](#) — class starts April 8

[COA 601: Becoming a Healing Presence](#) — class starts May 14

[HRB 530: Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic](#) — class starts May 21

[ISci 521: Foundational Chemistry for Health Sciences](#) — class starts August 26

Click on course title for details or contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu). [Download printable Individual Courses flyer.](#)

## Redefining Health Offered June 4-5



Tai Sophia's most popular program, **Redefining Health (RDH)**, offers a powerful and positive way to support wellness and create new possibilities for yourself, your relationships, and your work. Join Tai Sophia Co-founders Dianne Connelly and Bob Duggan for Tai Sophia's ground-breaking 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 A Signature Program

*Saturday, June 4, 2011*  
9:00 a.m. - 5:00 p.m.  
*Sunday, June 5, 2011*  
9:30 a.m. - 4:30 p.m.

Fee: \$165  
CEUs: 12  
Instructors: [Dianne M. Connelly, Ph.D., M.Ac.\(UK\)](#)  
and [Robert M. Duggan, M.A., M.Ac.\(UK\)](#)

[Register Now](#)

For more information, please contact Community Programs at [communityprograms@tai.edu](mailto:communityprograms@tai.edu).  
[Download printable Redefining Health flyer.](#)

## 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](#).

## "The Paper Show" at the Himmelfarb



"The Paper Show" is a group exhibition exploring the range of artistic possibilities through varied uses of paper when paper itself is the medium. The Maryland artists in the exhibition expertly incorporate the techniques of hand-made paper, cut paper, collage, and woven paper in the creation of their artworks.

### "The Paper Show"

Artworks by Maryland artists Lisa Hillring, Virginia Rose Kane, and Leora "Lee" Smith  
Showing from March 4 - May 28, 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 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.



Selected works from each artist are pictured above.

## What's New at the Sherman Cohn Library

The Sherman Cohn Library is pleased to share a list of [new additions](#) to our collection and our hours for April. Visit the [Library's web page](#) or keep in touch via [Facebook](#). You can also join one of our "by-subscription-only" email lists, one provides new additions information, the other informs subscribers of library closings for classes. Call 410-888-9048 ext. 6644 to join an electronic mailing list.

Hours: Weekdays 8 a.m. - 7 p.m., Saturdays 10 a.m. - 2 p.m.



## Upcoming Off-Campus Events

[Healthy Howard Day](#)  
Sunday, June 5, 2011  
10:00 a.m. - 3:00 p.m.  
Centennial Park,



[Food As Medicine Professional Training Program.](#)



Columbia, MD  
Visit the Tai Sophia tent.

June 9-12, 2011  
Hyatt Regency  
Bethesda, MD

Come to Centennial Park and visit the Tai Sophia tent at the 4th Annual Healthy Howard Day. We'll have herbal medicine teas, lotions, and other products, Qi Gong demonstrations, raffles and gifts from The Meeting Point Bookstore, auricular acupuncture demonstrations and FREE treatments, and more.

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