



March 2011 edition

In this issue:



- Seasonal Practice: The Gifts of Spring
- *Urbanite Magazine* Honors Bob Duggan
- Experience Herbs First Hand, March 10
- Graduate Certificates Target Real Change
- Upcoming Open House Events
- Individual Academic Courses Now Enrolling
- New Himmelfarb Exhibit: "The Paper Show"
- Mindful Eating Meditations

Grow and Create: Cultivating the Gifts of Spring

In the spring, life burgeons.
Young animals are born.
Young plants force their way up through the frosty earth.
Spring's imperative: Grow and create.

Practical suggestions for cultivating the gifts of spring:

- Start a garden, or at least a window box, and think about the unique potential in each seed or plant as you place it in the earth. Grow an unfamiliar kind of flower or vegetable and expect the unexpected.
- Reorganize your desk.
- Begin new things — at home, in your work, and in yourself. In this season when nature reinvents itself, we too can see people and situations with new eyes. Let new tissue grow over hold hurts, and take fresh hope. Be creative. Make things, do things. Begin!
- Feel your ability to bend and be pliable, as well as to stand tall and firm. Emotionally and mentally, do your thoughts and emotions bend with ease and grace? Can you take a stand in life? Be fully yourself? Be true to your inner nature?
- Eat foods that cleanse and refresh the body/mind/spirit: lemons, spring onions, and greens such as dandelion greens and leaf lettuce. All are plentiful at this time of year.
- Take lessons in t'ai chi or yoga to keep tendons and muscles supple and mobile.
- Fly a kite. Have an adventure. Go someplace you've never been.

[Read the full article.](#)



Bob Duggan Featured in *Urbanite Magazine*

An article published in *Urbanite Magazine* this month features Tai Sophia Co-founder, Bob Duggan. Read "[The Healer](#)" by Greg Hanscom.



In addition, Bob will be honored next week as one of "six of Baltimore's most intriguing change makers" at the Urbanite Project 2011: Open City Challenge.

Experience the Amazing World of Herbs

Treat your senses to the tastes, scents, and textures of a wide array of herbal cordials, elixirs, tinctures, salves, and foods. Come experience the amazing world of herbs at Tai Sophia's annual Herbal Medicine Show.

Herbal Medicine Show

Thursday, March 10

4:00 p.m. - 6:30 p.m.

Enjoy free samples and helpful information on how herbs can support your wellness at the following interactive displays:

- Self Care and the Seasons
- Seasonal Immunity
- Digestive Health and the Mind
- Circadian Rhythms and Sleep
- Elements in Nature
- Seasonal Nutrition
- Pain Management
- Sexual Health and Vitality
- The Wellness Imaginarium

[Learn more.](#)



Tai Sophia Herbal Medicine Programs Match Industry Trends

The Plants Are Calling

Despite the economic decline, the herbal industry continues to grow. According to the *Nutrition Business Journal*, in 2009, total herb sales were estimated to be \$5.03 billion, a 4.8% increase over 2008. So why do Americans continue to spend out-of-pocket for herbs during an economic decline? "An ounce of prevention is worth a pound of cure." The plants are calling. Americans are remembering the healing properties of plants, a knowledge that most of the world's population has never forgotten.

Empower yourself and your community through identifying local plants, harvesting and making your own herbal foods and remedies. Be a resource for your patients and colleagues, with a foundational knowledge of herbal use in conventional care settings.

Learn more about our [graduate certificates](#) in [Herbal Studies](#) and [Medical Herbalism](#).
Now enrolling for April!

Top Wellness Career, Is It For You?

Do your friends and family say you have patience, compassion, and good listening skills?
Do you have a strong desire to help people improve their health and happiness?

If you answered "YES," the rapidly growing fields of health and wellness coaching may be perfect for you.

As obesity and other chronic illness continue to climb, health and wellness coaches are in demand more than ever before. Many corporations are finding that they can significantly reduce their insurance rates by hiring health and wellness coaches for their employees. This is the perfect time to join this expanding field as it continues to have positive growth. [View media coverage on health and wellness coaching.](#)

Learn more about our graduate certificates in [Health Coaching](#) and [Wellness Coaching](#).
Now enrolling for April!

Tai Sophia Assists in Developing Credentials for Field of Health Coaching

Tai Sophia is honored to be a member of The National Team on Credentialing Coaches for Health Care. The work of this team started in September 2009 and continues to make progress, mapping out a definition of health/wellness coaching, knowledge base, tasks, skills, competencies, and educational requirements for an emerging profession. Presently there are 27 institutions and over 58 participants in the unfolding, dynamic, and collaborative process. Work is expected to continue beyond 2011, although a white paper may emerge by this summer.



Ready to Expand Your Skills or Start a New Career This Spring?

Join us and learn more about our graduate programs at one of the following events.

[All Programs Graduate School Open House](#)

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

[NEW Nutrition and Integrative Health Program Open House](#)

Thursday, May 19
6:00 p.m. - 8:00 p.m.

[Faculty-Led Herb Walk and Herbal Programs Information Session](#)

Thursday, April 28
2:00 p.m. - 5:00 p.m.

Please RSVP to the Office of Graduate Admissions at admissions@tai.edu or 410-888-9048 ext. 6647.

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](#).

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

Still Not Sure Where to Start?

Individual Academic Courses

Considering a graduate certificate program or the **NEW Master of Science in Nutrition and Integrative Health**? Enroll in this April's [Foundations of Health and Wellness](#) course. Credits awarded can be applied to all the graduate certificate programs and the Nutrition and Integrative Health program.

The classes are a special selection of graduate-level academic courses that are open to the general public. This is your chance to jump in and get your feet wet. 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](#)

[HRB 530: Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic](#)

Click on course title for details or contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or

(* pending MHEC approval)

New Himmelfarb Exhibit Open



Attend the Artist Reception on March 15

"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.

An [Artist Reception](#), which is open to the public, will be held Tuesday, March 15, 5:00 p.m. - 7:00 p.m.

"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.



Selected works from each artist are pictured above.

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.

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](#).

What's New at the Sherman Cohn Library

The Sherman Cohn Library is pleased to share a list of [new additions](#) to our collection, an update on our free online resources, and our hours for March. Visit the [Library's web page](#) or keep in touch via [Facebook](#).

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

Mindful Eating Meditations



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

Food choices are a direct result of where you put your focus or intention. Learning how foods affect our body, mind, and spirit is a process of discovery. Our bodies

can be our best teachers as we become observant of our body and the foods we eat. Making food choices that benefit health and wellness comes naturally when you pay attention.

The practice of paying attention and observing is not a huge investment of time. It can be a moment of noticing how a food tastes, smells, or feels in your mouth. The practice can be as simple as taking a deep breath before you eat. Another practice is to take a moment before you eat to express gratitude for the person who prepared the food, the person who grew the food, or just even for the food itself and the abundance of food available to you.



We overeat not because we enjoy food too much - it is because we don't enjoy it enough.

~ Charles Eisenstein

[Read the full article here.](#)

Upcoming Off-Campus Events



[Integrative Healthcare Symposium](#)

March 4-6, 2011

New York, NY

[Register now.](#)

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.

Visit Tai Sophia Institute at Booth #626.



[Maryland Acupuncture Society](#)

Continuing Education Events for Acupuncturists

Master Tung's Magic Points with Robert Chu

March 12-14, 2011

[Learn more](#) about these events. Contact the MAS Registrar by [e-mail](#) or call 443-320-1695



[Howard County GreenFest](#)

Don't Waste Our Future. Reduce. Reuse. Recycle.

Saturday, April 2, 2011

10:00 a.m. - 4:00 p.m.

Howard Community College

Columbia, MD



[Healthy Howard Day](#)

Sunday, June 5, 2011

10:00 a.m. - 3:00 p.m.

Centennial Park,

Columbia, MD

Visit the Tai Sophia tent.

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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