



September 2010 edition

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Graduate School Open House on September 25

Attend Tai Sophia's Open House on Saturday, September 25 and explore all of Tai Sophia's graduate programs:

Master's Degree Programs

[Acupuncture](#)

[Herbal Medicine](#)

[Transformative Leadership and Social Change](#)

Graduate Certificate Programs

[Health Coaching](#)

[Herbal Studies](#)

[Medical Herbalism](#)

[Transformative Leadership](#)

[Wellness Coaching](#)

WHEN: September 25
9:30 a.m. - 12:30 p.m.
Please plan to attend the entire event.

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.

Future All-Program Open House Dates: [Saturday, October 16](#) and [Saturday, November 20](#).

FREE Evening Wellness Classes: Sept. 13-23

Reserve Your Seat Today!

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

[Acupuncture and Cancer: Supporting Patients and Families During and After Treatment](#)

Monday, September 13

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

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

[Herbs & Spices for Nourishment and Health](#)

Thursday, September 16

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

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

[Healthy Eating with the Seasons: Fall Focus](#)

Wednesday, September 15

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

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

[Transformative Practices for the Workplace](#)

Tuesday, September 21

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

Instructors: Cheryl Walker, M.L., MCC, and Tom Balles, M.Ac.

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

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

[Yoga and Meditation](#)

Monday, September 20
6:30 p.m. - 7:30 p.m.
Instructor: Chan Zhang

Thursday, September 23
6:00 p.m. - 7:30 p.m.
Instructor: Ashley Litecky, M.S., RYT

[Introduction to Qi Gong: Medical Longevity Qi Gong and Three Jewels Qi Gong](#)

Wednesday, September 22
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.



"Be the Change" Open House on October 28

Featuring the Transformative Leadership Programs

Join Tai Sophia's faculty and staff for a [special evening event](#) featuring:

- the 9-month [Transformative Leadership](#) graduate certificate program, and
- the [Transformative Leadership and Social Change](#) master's degree program

WHEN: Thursday, October 28
6:00 p.m. - 8:00 p.m.

The evening will include a *Transformative Practices mini-workshop* as well as the opportunity to speak with alumni, current students, and admissions and financial aid counselors. [View the complete agenda.](#)

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.

FREE Herbal Lunch Lectures Begin September 20

Join us Mondays this fall for FREE lunchtime lectures featuring nutritional and herbal information to support your health and wellness. Featured speakers include Herbal Medicine core faculty and third-year, clinic-level Herbal Medicine students. Reserve your seat today.

[Maintaining a Healthy Heart: Supporting the Cardiovascular System with Herbs and Nutrition](#)

Monday, September 20
12:00 p.m. - 1:00 p.m.

[Using Herbs and Foods to Support Detoxification](#)

Monday, October 25
12:00 p.m. - 1:00 p.m.

[Herbs and Nutrition to Maintain Energy and Vitality](#)

Monday, September 27
12:00 p.m. - 1:00 p.m.

[Healing in Your Kitchen](#)

Monday, November 1
12:00 p.m. - 1:00 p.m.

[10 Steps to Wellness for All Ages](#)

Monday, October 11
12:00 p.m. - 1:00 p.m.

[Relax and Renew: Herbs That Support and Calm the Nervous System](#)

Monday, December 6
12:00 p.m. - 1:00 p.m.

Click titles for detailed descriptions and [to reserve your seat](#), or call 410-888-9048 ext. 6616.

Fall Movement Classes for Everyone

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

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

Mondays, September 27 - November 29
6:30 p.m. - 7:30 p.m.

[Yoga and Meditation, Level I](#)

Thursdays, September 30 - December 9
6:00 p.m. - 7:30 p.m.

Instructor: Chan Zhang

Qi Gong: Dance of the Phoenix, Level II

Tuesdays, September 28 - November 30

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

Instructor: Chan Zhang

Medical Longevity Qi Gong

Wednesdays, September 29 - December 8

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

Instructor: Karl Ardo, M.F.A.

Instructor: Ashley Litecky, M.S., RYT

Yoga and Meditation, Level II

Tuesdays, September 28 - November 30

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

Instructor: Ashley Litecky, M.S., RYT

Three Jewels Qi Gong

Wednesdays, September 29 - December 8

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.

Tai Sophia Fall Herb Show

Join Us Saturday, October 23

Join us on Saturday, October 23 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 [Herbal Studies](#) graduate certificate program faculty and students.

Tai Sophia's Fall Herb Show

Saturday, October 23

4:00 p.m. - 5:30 p.m.

In April 2010, Tai Sophia introduced the 9-month Herbal Studies graduate certificate program. This one-of-a-kind program combines 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](#), read about the April 2011 [Herbal Studies](#) program, or call 410-888-9048 ext 6647.



Redefining Health Offered October 9-10

Don't Miss Tai Sophia's Most Popular Program

Redefining Health Weekend

A Signature Program

Saturday, October 9, 2010

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

Sunday, October 10, 2010

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

Register Now

Fee: \$165

CEUs: 12

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



Join Tai Sophia Co-founders Dianne Connelly and Bob Duggan for Tai Sophia's ground-breaking signature program on October 9-10. 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.

The skills you will learn during this weekend workshop are powerful, effective, and broad-based. Executives use these skills in business meetings. Teachers use them in the classroom. Health-care providers use them with

their patients. Parents, teens and even young children use them with each other. Redefining Health is only offered three times each year and class size is limited, so [register online now](#). For more information, call Community Programs at 410-888-9048 ext. 6611.

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:

[Energetic Physiology of the Primary Meridians](#)

*Wednesdays, September 29, 2010 -
December 8, 2010*

CEUs: 30

Instructor: Celeste Homan, M.S., M.Ac., L.Ac.

[Building, Managing, and Marketing Your Practice](#)

November 13 - 14, 2010

CEUs: 12

Instructors: Robert Notter, B.S., CHHC, AADP,
and Rose Payne, CHHC, AADP

[Treating Chronic and Recalcitrant Diseases with Chinese Herbs: The Sichuan Fire-School and the Vital Concept of Supporting the Yang](#)

October 8-10, 2010

CEUs: 14

Instructor: Heiner Fruehauf, Ph.D., L.Ac.

Open only to graduates of ACAOM-accredited Chinese herbal programs.

[Emotional and Spiritual Healing in Chinese Medicine: Virtue Healing by Restoring Human Nature](#)

November 20 - 21, 2010

CEUs: 9

Instructor: Liu Lihong, M.D., Ph.D. and Heiner Fruehauf, Ph.D., L.Ac.

[Zero Balancing: Core Zero Balancing I](#)

November 11 - 14, 2010

CEUs: 25

Instructor: Fritz Smith, M.D., D.O., M.Ac.(UK)

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

Meeting Point Debuts *Choose Wellness* Bumper Magnet

This month, the Meeting Point bookstore debuts Tai Sophia's new CHOOSE WELLNESS bumper magnet. This eye-catching royal purple magnet is available in store or online, along with our very popular UPSET is OPTIONAL magnets and stickers.



The Meeting Point resumes regular hours starting Tuesday, September 7. [View store hours and shop online](#).

[Purchase Yours Online Now!](#)

The Natural Care Center

Schedule a FREE Consultation

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

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](#).

New Himmelfarb Exhibit Now Open

Artist Reception on September 16

"Above the Changing Landscape," a collection of aerial photography by Baltimore, Maryland photographer Peter Stern, is now showing at Tai Sophia's Himmelfarb Art Gallery.

Peter Stern is a photographer and pilot who integrates his interests through aerial photography. "In my work, I seek out the in-between places – the odd, the unusual, the overlooked, the forgotten – and present them in a way that draws the viewer into a third space, somewhere between the abstract and the representational," says Stern.

An [Artist Reception](#), which is open to the public, will be held Thursday, September 16 from 5:00 p.m. - 7:00 p.m.

"Above the Changing Landscape"

Aerial Photographs by Peter Stern
Showing from September 2 - November 26
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.



"Autumn Pond"

Tai Sophia Library

September Hours and New Additions

The Tai Sophia Library is pleased to present [recent additions to our collection](#) and our hours for September.

Regular Hours: Monday - Friday from 8:00 a.m. – 7:00 p.m.
Saturday Hours: September 11 and 25 from 10:00 a.m. – 2:00 p.m.

For up-to-date information about library hours, visit the [Library's Web page](#) or call us at 410-888-9048 ext. 6644.



Upcoming Off-Campus Events



Mind-Body Medicine Professional Training Program

October 2 - 6, 2010
Arlington, VA

Tai Sophia alumni, faculty, and staff can receive 15% off their professional category tuition by entering "TASPH" during registration (may not be combined with any other discount). Special full-time student/resident rate: \$575.



6th Annual Southeast Women's Herbal Conference

October 1 - 3, 2010
Black Mountain, NC



Building Bridges of Integration for Traditional Chinese Medicine Transformation:

Embracing True Body-Mind-Spirit Healing

October 14 - 17, 2010
Chantilly, VA

Tai Sophia students may register for the 3-day conference

Students: Enter "TAI" in the discount code box when you register.

for \$250 until September 15. After this date, students pay standard registration rates.



**AMERICAN
HERBALISTS
GUILD**

[2010 American Herbalist Guild
National Symposium](#)
October 1 - 3, 2010
Austin, TX

Tai Sophia Institute Speakers:
James Snow, RH(AHG) and
Kevin Spelman, Ph.D., RH(AHG),
MCP



[Green Festival - Washington, DC](#)
October 23 - 24, 2010
Washington, DC

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