



**Tai Sophia
Institute**

For Immediate Release
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Annual Herbal Medicine Show at Tai Sophia March 10 **Experience the Amazing World of Herbs**

February 10, 2011 (Laurel, MD) – Tai Sophia Institute will host its annual **Herbal Medicine Show** on **Thursday, March 10** from **4:00 p.m. – 6:30 p.m.** The **FREE** event, offered by Tai Sophia Master of Science in Herbal Medicine faculty and students, will feature over a dozen themed, interactive displays including:

- 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

WHEN: **Thursday, March 10, 4:00 p.m. – 6:30 p.m.**

WHERE: **Tai Sophia Institute**, 7750 Montpelier Road, Laurel, MD 20723

INFO: Treat your senses to the tastes, scents, and textures of a wide variety of herbal cordials, elixirs, tinctures, salves, and foods. Learn about all of Tai Sophia's herbal resources, including how you can bring herbal wisdom and wellness to your family and community with our 9-month [Herbal Studies](#) program, [individual academic courses](#), and [clinical services](#).

Tai Sophia Institute is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers the nation's first and only [Master of Science in Herbal Medicine](#) as well as new 9-month Herbal Studies and Medical Herbalism [graduate certificate programs](#). Tai Sophia's 12-acre main campus houses the Natural Care Center – which offers nutrition counseling, herbal consultations, and more, as well as the Meeting Point bookstore, a library, an art gallery and herb and meditation gardens – all of which are open to the public.

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