



Tai Sophia Institute News & Events

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May 2010 edition

What's Happening at Tai Sophia?

- Register for June Redefining Health
- Local Papers Profile Tai Sophia
- Attend a Summer Open House
- New! Tai Sophia Offers Individual Courses
- New Yoga and Qi Gong Classes for All
- Tai Sophia Clinic Turns 35!
- The Meeting Point: Now on Facebook
- Last Chance to See "Inklings"
- Join Tai Sophia at Healthy Howard Day, and more!



Explore Your Passion, Enhance Your Work, or Springboard to a New Career

Attend an Open House

Tai Sophia is now enrolling for the September 2010 master's programs in [Acupuncture](#) and [Herbal Medicine](#), the January 2011 [Transformative Leadership](#) graduate certificate and [Transformative Leadership and Social Change](#) master's degree programs, and the January 2010 [Acupuncture](#) master's program. [Apply Today](#).

Limited space is still available in the Spring 2010 [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), and [Wellness Coaching](#) nine- and 11-month graduate certificate programs. [Apply Today](#).

Come learn about all of our new [graduate certificate programs](#) and our [master's degree programs](#), meet our world-class faculty, and tour the Institute at the following events:

[Graduate School Open House](#)

Saturday, June 19

9:30 a.m. - 12:30 p.m.

[Graduate School Summer Showcase](#)

Thursday, July 22

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

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

Individual Academic Courses

For the first time, Tai Sophia is opening select academic courses to non-degree-seeking students. Presented in executive weekend format and delivered by a world-class faculty, the following graduate-level, wellness-based courses are now enrolling:

Becoming a Healing Presence (3 credits)
May 22-23, June 12-13, and July 31, 2010
 Class Hours: 8:30 a.m. to 5:30 p.m.

This course focuses on exploring the implications that the rhythms of nature, life skills, and language have on health and wellness. By observing their own ways of being, doing, and speaking, students begin to embody the practices that guide them in becoming a powerful healing presence and a catalyst for change in others.

Faculty: Tom Balles, M.Ac.



From "[Cultivating a Healing Presence.](#)"

**Fundamentals of Herbal Medicine:
 Past to Present & Soil to Clinic** (3 credits)
May 15-16, June 19-20, and July 24, 2010
 Class Hours: 8:30 a.m. to 5:30 p.m.

This survey course begins by looking at the history and use of herbal medicine around the world. The course continues with a more focused look at the history of herbal medicine in the United States, up to and including current practices and regulations. The second part of this course familiarizes the student with the fundamental areas of study relevant to medicinal plants.

Lead Faculty: Rebecca Snow, M.S., RH(AHG), CNS
 (View the [complete faculty list](#))



To register for individual courses, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu. Register today – class size is limited.

Tai Sophia on Cover of Local Papers

The April 22 editions of *The Howard County Times* and *The Columbia Flier* profiled Tai Sophia in the cover story "[A Healing Presence.](#)" Accompanying the story were photos and the following related articles:

"[Skepticism Still Remains for Alternative Therapies](#)"

"[Tai Sophia through the Years](#)"

"[Tai Sophia to Make Push for University Designation](#)"

An abbreviated version of the main article, "[Tai Sophia Grows to Wellness University,](#)" appeared in the April 22 edition of *The Laurel Leader*.

Ready to Redefine Your Health, Your Life?

Register Now for Popular June 5-6 Workshop

Join Tai Sophia co-founders [Dianne Connelly](#) and [Bob Duggan](#) for Tai Sophia's Signature Program, **Redefining Health**, on **June 5-6**. 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 is offered just three times each year and class size is limited. [Register online now](#). For more information, call Community Programs at 410-888-9048 ext. 6611.

[Read more about Redefining Health and the powerful impact it has on its participants.](#)



Tai Sophia's Clinic Turns 35

Doors First Opened in May 1975

Acupuncture pioneers and Tai Sophia co-founders Dianne Connelly and Bob Duggan first opened the doors of Tai Sophia's clinic on May 1, 1975 in the American City Building in Columbia, Maryland. The clinic - then called the Centre for Traditional Acupuncture - was one of the first acupuncture clinics in Maryland and the U.S.

Today the clinic, now called the Natural Care Center, offers [acupuncture](#), [Asian bodywork therapy](#), [craniosacral therapy](#), [herbal medicine consultations](#), [massage therapy](#), [nutrition counseling](#), and [process acupressure](#). The Natural Care Center features 20 treatment rooms with large picture windows and is staffed by faculty practitioners who deliver exceptional, relationship-centered care.

To schedule an appointment or for clinic hours, 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](#).



PHOTO CAPTION:

One of the first acupuncture clinics in Maryland, the Centre for Traditional Acupuncture served the community through a handful of treatment rooms, with J. R. Worsley, Jack Daniel, Haig Ignatius, Erica Lazaro, and Warren Ross joining the founders as the first practitioners.

The Meeting Point: Now on Facebook

Online Store Expands

Stay involved with current Meeting Point happenings, product highlights, special events, free product information sessions and more on our new Facebook page: "The Meeting Point Bookstore." [Become a Fan](#) today.

The Meeting Point's online store is expanding. A growing selection of nutritional and herbal supplements are

now available online. Our supplements are hand-selected by industry leaders from Tai Sophia's Herbal Medicine faculty and the herbal medicine practitioners at our [Natural Care Center](#). Support us as we continue to support you.

Take Time for Tea

Mother's Day is right around the corner and our clinical herbalists have carefully crafted the most delicious seasonal teas. Our exclusive line of herbal teas allow you to indulge your senses and enjoy the luxury of thoughtfully hand-crafted gifts intended to nourish and relax. Take a moment to honor yourself and your elders.

SAVE THE DATE: Debra Kaatz, author of [Characters of Wisdom](#) and [Receiving Spirit](#), will have a book signing on **Thursday, May 20**, from **5:30 - 7:00 p.m.** at The Meeting Point Bookstore.

Visit and shop [The Meeting Point Bookstore](#) online.



Spring & Summer Movement Classes for Everyone

Just Announced: New Summer Classes

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

[Medical Longevity Qi Gong](#)

Wednesdays, May 5 - July 14

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

Instructor: Karl Ardo, M.F.A.

Level II Series Just Announced

[Three Jewels Qi Gong](#)

Wednesdays, May 5 - July 14

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

Instructor: Karl Ardo, M.F.A.

[Yoga & Meditation: Level II](#)

Tuesdays, May 4 - July 6

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

Instructor: Ashley Litecky, M.S., RYT

[Yoga & Meditation](#)

Thursdays, May 6 - July 8

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

Instructor: Ashley Litecky, M.S., RYT

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

Tuesdays, May 18 - July 20

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

Instructor: Chan Zhang

Click titles for detailed descriptions and to register, or contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu.

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:

[The Spirit of the Child: Applications of Chinese Medicine in Pediatrics](#)

May 15-16

Instructor: Stephen Cowan, M.D., FAAP, C.Ac.

Explore how to recapture the spirit of the child using the principles of Chinese Medicine and developmental pediatrics to reveal a deeper understanding of the dynamics of growth. Learn how to incorporate these principals in the treatment of common childhood disorders.

[Zero Balancing](#)

Thursday, May 20 - Sunday, May 23

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

Study with Fritz Smith, M.D., founder of Zero Balancing (ZB), in this exciting form of bodywork which uses touch to align body energy and body structure for health and healing. This class, Core ZB I, teaches the basic ZB hands-on protocol, theory and skills.

To register and for more information, click on course titles or call 410-888-9048 ext. 6611.

Chakra Series Continues

Register Now for Spring and Summer Sessions

Chakra energy balancing is an ancient form of hands-on healing that uses a gentle, non-invasive touch to balance the subtle energy field. The opening of the chakras and balancing of the energy flow gives the body access to all available resources for wellness. Register now for the following classes:

Chakra Work, Level III

Tuesdays, May 4 - June 1

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

Instructor: Arlyn Kline, RN

Chakra Work: Review and Practicum

Tuesdays, July 13 - August 10

6:30 p.m. - 9:30 p.m.

Instructor: Arlyn Kline, RN

Chakra Work, Level IV

Tuesdays, June 8 - July 6

6:30 p.m. - 9:30 p.m.

Instructor: Arlyn Kline, RN

For more information and to reserve your space, please contact Community Programs at 410-888-9048 ext. 6611 or communityprograms@tai.edu.

Tai Sophia Library

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

Regular Hours: Monday - Friday from 8:00 a.m. — 7:00 p.m.

Special Saturday Hours: May 15 and 22, 10:00 a.m. — 2:00 p.m.

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



Last Chance to See "Inklings"

Show Runs Through May 29

"Inklings," a collection of recent paintings by celebrated Maryland artist and Tai Sophia Applied Healing Arts alumna Kristy Simmons, is now showing at the Himmelfarb Gallery.

"Inklings"

Now showing through May 29

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 are on sale through The Meeting Point Bookstore, which is adjacent to the gallery. Visit the [Himmelfarb Gallery](#) online or call 410-888-9048.

COMING SOON: "People Worth Knowing," photographs by Columbia, Maryland's Stanley Rodbell, will open June 4.



Upcoming Events



Vibrant Health and Wellness Foundation -
International Self-Help,
Health and Wellness Conference
National Harbor, Washington, DC
Friday, May 14, 2010
9:00 a.m. - 2:00 p.m.

www.VHWF.org

Visit the Tai Sophia table.



Come to Centennial Park and visit the Tai Sophia tent at the 3rd 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.

FREE Event – Healthy Howard Day

June 6, 2010 from 10:00 a.m. - 3:00 p.m.

Centennial Park, Columbia, MD

[Learn more.](#)

Visit the Tai Sophia tent.



Food As Medicine - Professional Nutrition
Training Program

June 10 - 13, 2010

Capital Hilton, Washington, DC

[Learn more.](#)

Visit the Tai Sophia table.

Medicines from the Earth

Herb Symposium

June 4 - 7, 2010

Black Mountain, NC

[Learn more.](#)

Special Tai Sophia discount rate is \$199.

Appalachian Center

for Ethnobotanical Studies (ACES)

June 26, 2010

8:30 a.m. - 4:00 p.m.

at Tai Sophia Institute, Laurel Campus

Register [here](#).

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

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