

# Tai Sophia News & Events



**Tai Sophia  
Institute**

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January 2010

## What's Happening at Tai Sophia?

Happy New Year and welcome to the first issue of *Tai Sophia News & Events* for 2010. Included in this edition:

- Announcing Four New Graduate Certificates
- Tai Sophia's Co-founders in the News
- Attend the January 23 Open House
- Final call for Herbal Research participants
- Herbal Medicine Show on March 8
- Inclement Weather Policy
- February Redefining Health Weekend
- FREE Wellness Classes
- Register for Movement, Meditation & Bodywork Classes
- Continuing Professional Education
- And more!

## Four Exciting New Graduate Certificates

Read the January 19 announcement [here](#)

As a nationally recognized leader in wellness education, Tai Sophia is pleased to announce four new graduate certificates: Health Coaching, Herbal Studies, Medical Herbalism, and Wellness Coaching. Whether you are a health or wellness professional looking to enhance your current work, want to shift your career in a new direction, or would like to bring greater health and wellness into your life and those around you, we have the program for you.



### Health Coaching

Designed to put licensed and certified health-care professionals at the forefront of a growing field. Enhance your existing education to gain a competitive edge in less than a year.



### Herbal Studies

For anyone interested in herbs or wellness. Learn how to prepare simple herbal remedies and to integrate herbs into food preparation for a healthy diet.



### Medical Herbalism

Designed for health-care professionals to gain a practical working knowledge of the safe and appropriate use of the most popular herbs in the U.S. market, plus the capacity to understand the quality, safety, and efficacy of a variety of herbs.



### Wellness Coaching

The only graduate certificate in wellness coaching in the country, this program is designed for human resource and employee assistance specialists, educators, life coaches, fitness instructors, and others who work outside the clinical setting.

Classes for all four programs begin in mid-April. Contact the Office of Graduate Admissions at [admissions@tai.edu](mailto:admissions@tai.edu) or 410-888-9048 ext. 6647 to learn more.

## January 23 Graduate School Open House

Learn about all of Tai Sophia's offerings

If you're considering a career change or would like to be part of the wellness revolution, start your journey with Tai Sophia by attending a Graduate School Open House. At the January 23 open house you can talk about our programs in detail with faculty, staff, and students, as well as experience various aspects of Tai Sophia including auricular acupuncture, a tour of the building, and visits to The Meeting Point Bookstore and campus library.

View the complete open house agenda [here](#).

[Graduate School Open House](#)  
Saturday, January 23, 2010  
9:30 am - 12:30 pm

To RSVP, or for more information about our accredited graduate programs in [Acupuncture](#), [Herbal Medicine](#) and [Transformative Leadership and Social Change](#) (formerly Applied Healing Arts) and our [graduate certificate programs](#), or to schedule a visit, please contact us at 410-888-9048 ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu).

## Tai Sophia in the News

Maryland Family magazine's "Art of Healing" article features interviews with Tai Sophia Chancellor and Co-founder Dianne Connelly, the parent of one of the children Dianne treats, and Natural Care Center acupuncturist Jade Connelly-Duggan. Read the story from the January 2010 issue [here](#).

In the Winter Issue of the new quarterly wellness newspaper *Be Well, Frederick* Tai Sophia President and Co-founder Bob Duggan has an in-depth conversation with Publisher Tim Brady about healing and being a healer. Read "Evolving as Healers: An Interview with Bob Duggan" [here](#). To learn more about *Be Well, Frederick*, visit [www.BeWellFred.com](http://www.BeWellFred.com).

Listen to Bob Duggan on WCBM 680 AM (Baltimore) Talk Radio's "Night at the Copa" with host Gary Richman, Holly Richman, and "Mr. Media," Eddie Applefeld, on Sunday, January 17 and Sunday, January 24 from 6:00 p.m. - 7:00 p.m.

## Last Call for Herbal Research Participants

Enroll by January 20

Tai Sophia is seeking participants for an Herbal Research Clinical Trial on the Effects of Culinary Herbs on Brain Function. Participants must be between the ages of 65-90, non-smokers, and in a stable state of general health. The purpose of the study is to investigate the short-term effects of culinary herbs on attention and memory performance in seniors. All of the herbs in the study are commonly found in grocery stores. The study is now enrolling for the January - February cohort. [Enroll now!](#) Enrollment closes January 20.

For additional information, or to sign up, please call 410-888-9048 ext. 6711 or e-mail [research@tai.edu](mailto:research@tai.edu).

## February Redefining Health Weekend

Don't Miss Tai Sophia's Most Popular Program

Join Tai Sophia co-founders [Dianne Connelly](#) and [Bob Duggan](#) for Tai Sophia's Signature Program, Redefining Health, on February 6-7. 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!](#)

During each Redefining Health weekend, Bob Duggan and Dianne Connelly masterfully work with attendees to reframe issues or concerns in their lives. Above, Bob provides coaching to a February 2009 participant.



## Movement and Bodywork Classes

Meet the instructors at FREE introductory evenings

Preview Tai Sophia's Winter/Spring movement, meditation, and bodywork classes at the following FREE introductory evenings.

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

*Tuesday, January 19  
6:00 pm - 7:00 pm*

### [Chakra Balancing](#)

*Tuesday, January 19  
6:30 pm - 7:30 pm*

### [Medical Longevity Qi Gong & Three Jewels Qi Gong](#)

*Wednesday, January 20  
6:00 pm - 7:30 pm*

### [Yoga and Meditation](#)

*Thursday, January 21  
6:00 pm - 7:30 pm*

Click on class titles for complete course descriptions and to register, or call Community Programs at 410-888-9048 ext. 6611.

## Register now for Winter/Spring class series

Tai Sophia will be offering the following movement and bodywork class series:

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

*Tuesday, January 26 - April 6  
6:00 pm - 7:00 pm*

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

*Tuesday, January 26 - April 6  
7:00 pm - 8:00 pm*  
Fee(s): \$125 (\$120 if register by Jan. 22)  
CEUs: 10  
Instructor: Chan Zhan

### [Medical Longevity Qi Gong](#)

*Wednesdays, January 27 - March 31  
6:00 pm - 7:30 pm*

Fee: \$175 (\$170 if register by Jan. 22)  
CEUs: 10  
Instructor: Karl Ardo, M.F.A.

### [Three Jewels Qi Gong](#)

*Wednesdays, January 27 - March 31  
7:00 pm - 8:00 pm*  
Fee: \$175 (\$170 if register by Jan. 22)  
CEUs: 10

### [Yoga and Meditation](#)

*Thursdays, January 28 - April 1  
6:00 pm - 7:30 pm*

### [Yoga and Meditation, Level II](#)

*Tuesdays, January 26 - April 6*

Instructor: Karl Ardo, M.F.A.

6:00 pm - 7:30 pm

Fee(s): \$170 (\$165 if register by Jan. 22)

CEUs: 15

Instructor: Ashley Litecky, M.S., RYT

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Chakra Work, Level I

Tuesdays, January 26 - February 23

6:30 pm - 9:30 pm

Fee: \$255 (\$250 if register by Jan. 29)

CEUs: 15

Instructor: Arlyn Kline, RN

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Chakra Work, Level II

Tuesdays, March 9 - April 13

6:30 pm - 9:30 pm

Prerequisite: Chakra Work, Level I

Fee: \$255 (\$250 if register by Mar. 5)

CEUs: 15

Instructor: Arlyn Kline, RN

Click on class titles for complete course descriptions and to register, or call Community Programs at 410-888-9048 ext. 6611.

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## Continuing Professional Education in 2010

### For Health and Wellness Professionals

Tai Sophia Institute is pleased to offer the following continuing professional education weekend seminars. For more information and to register, click on the course titles or call 410-888-9048 ext. 6611.

Motivational Interviewing:

Engaging Clients in Change

January 30 - 31

Instructors: Stephen Wegener, Ph.D.  
and Arlene Dalcin, RD, LD

Welcoming the Next Generation:

Supporting Fertility

February 20 - 21

Instructors: Kaiya Larson, M.Ac., L. Ac. and  
Camille Freeman, M.S., CNS, RH (AHG)

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Supporting Seasonal/Environmental Allergies

Through Chinese Medicine

March 13 - 14

Instructor: Evan Rabinowitz, M.Ac., L.Ac.

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Deepening Perspectives

on Pulse Diagnosis

March 20 - March 21

Instructor: Lonny S. Jarrett, M.Ac., M.S., FNAAOM

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The Spirit of the Child: Applications

Of Chinese Medicine in Pediatrics

May 15 - 16

Instructor: Stephen Cowan, M.D., FAAP, CAC

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## Herbal Medicine Show

Monday, March 8

Please join the Herbal Medicine program students of the class of 2008 for the culmination of their Herbal Preparations class as they present their herbal wares for you to sample. With herbal treats, tinctures, teas, elixirs, and assorted products, this free event is a fun and tasty way to spend the end of the day.

Herbal Medicine Show

Tai Sophia Institute

March 8, 2010

4:30 pm - 6:30 pm

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## Tai Sophia Library News

### Library Open House on Friday, January 29

The Tai Sophia Library is pleased to present the following news and information:

- New Additions. View [recent additions to our collection](#).
- New Floor Plan Policy Changes. The library floor plan has changed radically to accommodate new shelving.
- Open House. Please come to a Library Open House on Friday, January 29 from noon to 1:00 pm to experience the new configuration.

- January Hours. The Library's regular hours are: Monday - Friday from 8:00 a.m. to 7:00 p.m.

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

## Treat a Loved One or Yourself to the Tai Sophia Four Seasons Tea Set

Shop at The Meeting Point Bookstore

Celebrate the New Year with our compilation of wonderful Tai Sophia Four Seasons Teas. The custom-blended collection - BLOOM AND GROW, WARM UP TEA, AUTUMN HARMONY and CHILL OUT TEA - is a deliciously soothing way to prepare for the year of turning seasons ahead. The set comes ready-to-present in deluxe packaging with a tea infuser in a black box with gold bow and logo as shown.



Our Tai Sophia teas have been a huge success and to celebrate our complete line of seasonal teas, anyone who purchases a Tai Sophia Herbal Tea Set in January will receive a free copy of Dianne Connelly's new book [Medicine Words: Language of Love for the Treatment Room of Life!](#)

## Inclement Weather Policy

Winter is in full swing now and we have already been blanketed by snow a few times. As a reminder, in case of inclement weather, a decision to close or delay opening will be posted on the Tai Sophia Web site. You can also call the Institute's main number (410-888-9048 or 301-725-1674) or watch for closing information on local TV stations.

## "Photographers' Choice" at Himmelfarb Gallery

Group Show Features Tai Sophia Talent

"Photographers' Choice" is now open at Tai Sophia's [Himmelfarb Art Gallery](#). The group show features photography by Tai Sophia Community members of a wide range of subject matter including images from international travel, human interest, close-up work, and landscapes.

Select artworks are on sale through The Meeting Point Bookstore, which is adjacent to the gallery. The exhibit runs through February 27.

For more information, visit the [Himmelfarb Gallery](#) Web page or call 410-888-9048 ext. 6619.



## Off-Campus Events

The 2010 Integrative Healthcare Symposium is the gathering place for today's most forward thinking practitioners and professionals. Attend to be inspired through keynote and plenary sessions by renowned speakers including: Christiane Northrup, MD, Jeffrey



Bland, PhD, FACN, CNS, Jay Lombard, DO, Bernie Siegel, MD, and James Gordon, MD. Experience the teachings of Koshin Paley Ellison and Robert Chodo Campbell, Co-Founders of the New York Zen Center for Contemplative Care. [Register today](#) to join thought leaders and peers in New York this February!

[Integrative Healthcare Symposium](#)  
Hilton New York  
New York City, NY  
February 25 - 27, 2010  
[www.ihsymposium.com](http://www.ihsymposium.com)

Attention Students - Take advantage of the Student Rate, only \$85 preshow to access the full conference!

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