



February 2011 edition

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## Are you prepared for the shift to a wellness model?

Learn More at February 23 Special Event

Practitioner and patient dissatisfaction with our current, disease-focused health-care system continues to deepen and the overall health of our population continues to decline, while costs skyrocket. The economic burden is crippling small and large organizations alike. Evidence of the inevitable shift towards a wellness-centered system is all around.

Join Tai Sophia Institute Co-Founder Bob Duggan for an insider's look at the hallmarks of a sustainable wellness system — one that is proactive rather than reactive, affords time for relationship-centered care, empowers the individual, views symptoms as teachers and the body as wise, and where wellness is a lifestyle that evolves out of health-supportive daily choices ... a paradigm that encompasses not only our health-care delivery system but all professions and occupations.

### [Top Career Trends in the Wellness Revolution: What You Need to Know](#)

Wednesday, February 23, 2011

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

Two of the hottest aspects of the emerging wellness workforce are health and wellness coaching and herbal medicine. Earning a graduate certificate from an accredited academic institution is one of the smartest and fastest ways to get the core competencies you need for these in-demand skill sets. Learn more by questioning our panel of experts about what's hot and what's not in the coaching and herbal worlds. Learn why a graduate certificate can be a solid investment and a stepping stone to a more secure, powerful future.

Please RSVP to [admissions@tai.edu](mailto:admissions@tai.edu) or 410-888-9048 ext. 6647.

Tai Sophia is now enrolling for our April 2011 graduate certificate programs in [Herbal Studies](#), [Health Coaching](#), [Medical Herbalism](#), and [Wellness Coaching](#). These 9- and 10-month, master's level academic credit plus CEU-approved programs, are offered in executive weekend format.

## FREE Talk and Book Signing Features John Sullivan's Newest Book

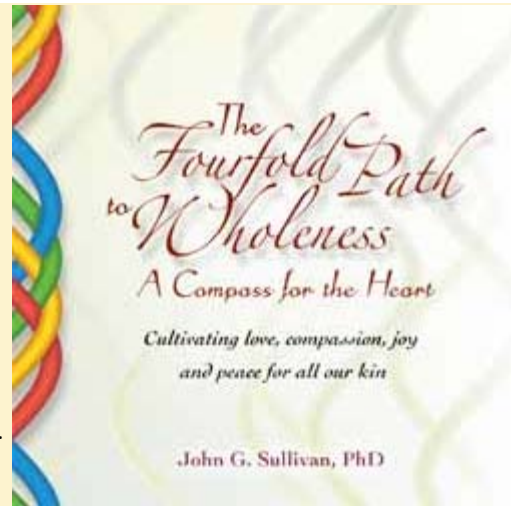
Join [John Sullivan, Ph.D.](#), chief architect of Tai Sophia's innovative [Transformative Leadership and Social Change master's program](#), on Thursday, February 17 from 6:30 p.m. to 8:00 p.m. for a free talk and book signing featuring John's latest book, *The Fourfold Path to Wholeness: A Compass for the Heart*.

"By their fruits you shall know them," say the great wisdom traditions of the world. The fruits of the spirit — the seeds of health and wholeness — can be seen as four: (1) love, (2) compassion, (3) joy, and (4) peace. During his talk, John will

introduce this fourfold path to wholeness and helps us cultivate these four ways of dwelling in the present moment and serving others.

**FREE Talk and Book Signing – The Fourfold Path to Wholeness**  
*Thursday, February 17*  
*6:30 p.m. - 8:00 p.m.*

Copies of *The Fourfold Path to Wholeness: A Compass for the Heart* are available for advance purchase in The Meeting Point bookstore. Copies also will be available for purchase at the event.



## Presidential Appointment for Sr. Kerr

Tai Sophia's Sister Charlotte Rose Kerr, R.N., B.S.N., M.P.H., M.Ac.(UK), is one of 13 new appointees to President Barack Obama's Presidential Advisory Group on Prevention, Health Promotion, and Integrative and Public Health.

President Obama said, "Our nation will be greatly served by the talent and expertise these individuals bring to their new roles. I am grateful they have agreed to serve in this Administration, and I look forward to working with them in the months and years ahead."

Kerr, a practicing acupuncturist at Tai Sophia's [Natural Care Center](#), is deeply honored. "I look forward to serving as an advisor to policymakers. I hope my expertise in integrative medicine will help the government maximize its resources in improving the health outcomes of the American people along with positively impacting families and the economy."



[Sr. Charlotte Kerr](#)

The formation of the advisory group, which is part of the Department of Health and Human Services (HHS), was mandated by the Patient Protection and Affordable Care Act. The group's members will provide feedback and policy recommendations on prevention and management of chronic diseases, integrative health, and the promotion of healthy lifestyles.

Read the January 26 White House announcement and more about Kerr [here](#).

## Tai Sophia in the News

### Tai Sophia's Coaching and Transformative Leadership Programs in the Spotlight

As featured on the cover of the February issue of *Howard Magazine* ("Too Stressed for Success? How Employers are Making Their Workplaces Healthier"), Tai Sophia's [Health Coaching](#), [Wellness Coaching](#), and [Transformative Leadership](#) graduate certificate programs, as well as the Institute's leading role in the wellness revolution, are in the spotlight:

- "[Working in Wellness: Tai Sophia Programs Build Healthy Leaders](#)" by Lisa Kawata
- "[Holistic Wellness: Four Alternative Ways to Feel Better](#)" by Lisa Kawata

## Jump-Start Your Wellness Goals with Complimentary Health Coaching

Tai Sophia Institute is thrilled to announce that the students in the inaugural class of our new [Health Coaching Graduate Certificate program](#) have completed the classroom requirements of their program and are now entering the practicum phase, where they work one-on-one with clients.

As part of their required practicum hours, our student-coaches are offering *complimentary health coaching sessions* to those interested in getting a jump-start on their wellness goals. If you have been procrastinating on goals such as fitness, nutrition, stress reduction, or overall life balance, here is your opportunity to make 2011 a healthy one. [Learn more.](#)

If you would like to participate, please contact [Cheryl Walker](#), Health Coaching Program Manager.

## 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.](#)



## Upcoming Open Houses

Mark your calendar for the following Spring Graduate School Open House events. Click on event title for more information.

### [All Programs Graduate School Open House](#)

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

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

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

### [Nutrition Program Open House](#)

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

### Plan to attend an Open House?

Please RSVP to the Office of Graduate Admissions at [admissions@tai.edu](mailto: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.

## Spring Individual Academic Courses Now Enrolling

## Classes Offered on Weekends

Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses that members of the general public may take as Advanced Special Students. As promised, we have expanded our offerings of [individual academic courses](#). While "Chemistry: Elements of Wellness" and "Research in Complementary Medicine" are now underway, seats are still available in the following 3-credit courses:

[ISci 623: Biology & Ecobiology](#) — class starts March 5

[ISci 655: Holistic Medicine](#) — class starts March 5

[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 [admissions@tai.edu](mailto:admissions@tai.edu). [Download printable Individual Courses flyer](#).

## Winter Movement and Meditation Classes



Space is still available in the following 10-week evening movement and meditation classes. PLEASE NOTE: The start dates of several of these classes have been pushed out one week due to the inclement weather.

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

Thursdays, February 3 - April 7

7:30 p.m. - 8:45 p.m.

Instructor: Ashley Litecky, M.S., RYT

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

Wednesdays, February 9 - April 13

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

Instructor: Karl Ardo, M.F.A.

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

Thursdays, February 10 - April 14

6:00 p.m. - 7:15 p.m.

Instructor: Ashley Litecky, M.S., RYT

### [Taoist Meditation](#)

Wednesdays, February 9 - April 13

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

Instructor: Karl Ardo, M.F.A.

### [Medical Longevity Qi Gong and Taoist Meditation\\*](#)

Wednesdays, February 9 - April 13

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

Instructor: Karl Ardo, M.F.A.

*\*This is a special discounted offering for those who wish to take both Medical Longevity Qi Gong and Taoist Meditation.*

To register, please [enroll online](#) or contact Community Programs at 410-888-9048 ext. 6611 or [communityprograms@tai.edu](mailto:communityprograms@tai.edu). [Download printable Winter Community Programs flyer](#).

## Give the *Gift of Wellness* on Valentine's Day



Tai Sophia Institute, a respected leader in the fields of health and wellness, has offered valuable programs, services, and products for over 35 years.

This Valentine's Day, share the Tai Sophia health and wellness experience with friends and loved ones with our new *Gift of Wellness* gift card now available at the Meeting Point bookstore and online. The cards can be used to purchase the following products and services:

- All items at the Meeting Point Bookstore\*, including books, food, unique gifts, and herbal and nutritional supplements
- All services offered at the [Natural Care Center](#) (located on the second floor of the main campus in Laurel)
- All [community programs](#), including [Redefining Health](#), and continuing professional education workshops

[Purchase the Gift of Wellness online in pre-set amounts](#). Gift cards purchased in-store can carry any amount you choose. [View store hours](#).

\* Gift cards are redeemable in-store only.

## 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](#).

## Ingenious New Product for Tea Lovers

The Meeting Point debuts the IngenuiTEA tea brewer. The most convenient teapot you will find anywhere – we guarantee it.

The 16-ounce pot allows tea leaves to move about and fully brew. When tea is ready, simply place the brewer atop your cup. This will cause a valve at the bottom to release the tea into your cup or mug: crystal-clear tea flows down, while the mesh filter retains all the leaves with one of the best infusers on the market. Super easy to clean, dishwasher safe, microwaveable, and certified BPA-free. Perfect for the office or the road. You'll wonder how you got along without one.

[View store hours and our online offerings.](#)



## 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 February.

Content previously available on the Library's Intranet site has been migrated to the *Delicious* social bookmarking service so most resources are quickly accessible to anyone with Internet access. Visit the [tag cloud](#) on the [Library's main page](#). Click on a term or phrase of interest to view all of the resource links. Each link has an informative annotation created by library staff. Explore and enjoy!

**Hours:** Weekdays 8 a.m. - 7 p.m., Saturdays 10 a.m. - 2 p.m.  
The library will be open on President's Day, Monday, February 21.



Visit the [Library's web page](#) or keep in touch via [Facebook](#).

## "Ascending Through the Darkness" at the Himmelfarb Gallery



Show Runs through February 26

"Ascending Through the Darkness," abstract oil pastel drawings and acrylic paintings by Baltimore, Maryland

artist Ania M. Milo, is now showing at Tai Sophia's Himmelfarb Art Gallery.

"Ascending Through the Darkness"

Abstract Drawings and Paintings by Ania M. Milo  
Now showing through February 26, 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.

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.



"My Joy"

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## Upcoming Off-Campus Events



Maryland Acupuncture Society

Continuing Education Events for Acupuncturists

**The Elegance and Simplicity of Classical Herbs with Alex Tiberi**  
Series starts on *February 12, 2011*

**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



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.



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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Consciousness research can transform your healthcare practice.

IONS has been the pioneer and leading authority in the field of consciousness and healing for over 37 years. You can benefit from decades of rigorous

scientific research and stay on the cutting edge in mind-body medicine developments. Consciousness research and innovative holistic practices are transforming healthcare and

dramatically increasing healing outcomes. Transform your practice with resources available at IONS: live and recorded interviews with leading healthcare providers, thought provoking articles, online meditation bibliography; remissions bibliography and periodic print publication. Join the global learning community sharing innovative techniques to affect the health of your clients. [Click for our special thank-you gifts.](#)



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