



Tai Sophia Institute News & Events

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August 2010 edition

Get the scoop on select summer happenings and find out what's in store for fall. The harvest is rich in this bountiful edition, including:

- 2010 Graduation Speakers on YouTube
- U.S. Congresswoman Visits Tai Sophia
- FREE Wellness Programs in September
- Fall Graduate School Open Houses
- Tai Sophia in the News
- Fall Movement and Meditation Classes
- Continuing Professional Education
- New Himmelfarb Gallery Exhibit
- What's New at the Meeting Point
- Upcoming Off-Campus Events



Announcing Fall Graduate School Open Houses

Attend a [Saturday Open House](#) this fall 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, October 16, and November 20
 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.



Special October 28 Open House Features 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 alumni, current students, and admissions and financial aid counselors.

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.

Two Weeks of FREE Wellness Classes

Join us September 13 -23

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](#)

Monday, September 20

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

Instructor: Chan Zhang

[Yoga and Meditation](#)

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.

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.

Instructor: Chan Zhang

[Yoga and Meditation, Level I](#)

Thursdays, September 30 - December 9

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

Instructor: Ashley Litecky, M.S., RYT

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

Tuesdays, September 28 - November 30

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

Instructor: Chan Zhang

[Yoga and Meditation, Level II](#)

Tuesdays, September 28 - November 30

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

Instructor: Ashley Litecky, M.S., RYT

[Medical Longevity Qi Gong](#)

Wednesdays, September 29 - December 8

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

Instructor: Karl Ardo, M.F.A.

[Three Jewels Qi Gong](#)

Wednesdays, September 29 - December 8

7:00 p.m. - 8:30 p.m.

Instructor: Karl Ardo, M.F.A.

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

FREE Herbal Medicine Lunchtime Lectures

Mondays This Fall

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.*

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

*Monday, September 27
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.*

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

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

[Healing in Your Kitchen](#)

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

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

*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.

Save the Date! Tai Sophia Fall Herb Show

Saturday, October 23

Mark your calendars for Tai Sophia's Fall Herb Show 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](#) faculty and graduate students. More information to come, so stay tuned.

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.



U.S. Congresswoman Visits Tai Sophia

On July 6, U.S. Congresswoman Barbara Lee (California, 9th district) visited Tai Sophia and spoke about health care reform and her life in Congress.

During her remarks, Rep. Lee praised Tai Sophia for being on the cutting edge of health and wellness saying that “the rest of the country is catching up on what you already know. We need your voice and your input to make this a healthy nation.” She wants everyone on Capitol Hill to understand the benefits of what Tai Sophia is teaching and thanked us for our work.

Keenly aware of the power of language, Rep. Lee gave examples from her life in Washington of how the words we



use each day – whether in conversation or in federal legislation – create worlds and establish new paradigms. She shared inspirational stories from her active role in health care reform and her role on the Foreign Affairs Committee, as well as from her personal life, that demonstrated how one person can make a difference. “You have to be a risk-taker ... and make your voice heard,” she said.

In closing, she called us all to go beyond voting and watching the news to finding ways to actively be engaged and do whatever we can to enlighten public officials. “We need to create, keep, and hold hope ... and hold the vision of the common good.”

Register Now for October Redefining Health

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:

[NCCAOM Review Course](#)

Wednesdays, September 8, 2010 -
December 15, 2010
CEUs: 32.5
Instructor: Heidi Most, M.Ac.

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

November 11 - 14, 2010
CEUs: 25
Instructor: Fritz Smith, M.D., D.O., M.Ac.(UK)

[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. Registration Deadline: September 1.

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

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

November 20 - 21, 2010

CEUs: 9

Instructor: Liu Lihong

2010 Tai Sophia Commencement Ceremony

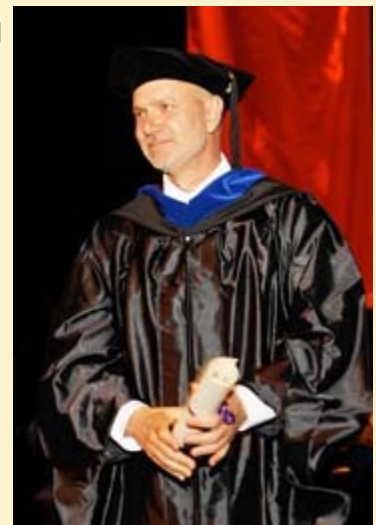
Evening Honors 90 Practitioners and Leaders

On June 7, Tai Sophia celebrated the accomplishments of 61 Master of Acupuncture recipients, 18 Master of Arts in Applied Healing Arts recipients, and 11 Master of Science in Herbal Medicine recipients at the Institute's annual commencement ceremony at the Jim Rouse Theatre in Columbia, MD.

James S. Gordon, M.D., world-renowned expert in mind-body medicine, author, and founder/director of The Center for Mind-Body Medicine delivered the keynote speech, joining Tai Sophia President Bob Duggan and Chancellor Dianne Connelly in addressing the graduates.

One student from each of the master's degree programs also spoke. View their powerful speeches on YouTube:

- [Louise Green, M.A.](#) (Applied Healing Arts)
- [Bella Fooksman, M.Ac.](#) (Acupuncture)
- [Tricia McCauley, M.S.](#) (Herbal Medicine)



Tai Sophia in the News

Article and Upcoming Free Talk Focus on Holistic Cancer Care

Read about holistic cancer care in the July 2010 *Urbanite* magazine article: "[The Good Fight: Cancer Patients Gain Guidance, Inspiration from a New Breed of Patient Navigators](#)," by Mat Edelson. Tai Sophia's Kaiya Larson, M.Ac., and Sara Eisenberg, M.S., describe the role of acupuncture therapy and herbal medicine support in the story.

Article excerpt: *"A growing body of scientific evidence suggests that, when it comes to dealing with cancer, patients themselves can exert a level of control, improving both the quality and possibly the quantity of their lives—if they have the right tools and if they treat more than just the cancer."*

Learn more about holistic cancer care with Kaiya Larson, when she hosts the following special FREE wellness talk:

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

Monday, September 13

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

Come Back to School at Tai Sophia

Enroll in an Individual Academic Course

This year, for the first time ever, Tai Sophia is pleased to offer a special selection of graduate-level academic courses that individuals holding a bachelor's degree may take on an individual, or class-by-class, basis. Current Tai Sophia students also may enroll.

Enrollment is now open for the September 2010 offering of Foundations of Health and Wellness. This four-day, intensive course provides a comprehensive and holistic context for the dynamic and evolving field of health and wellness – whether you are already employed in this arena or are considering a career shift or enrolling a graduate-level program in health and wellness.

[App 632: Foundations of Health and Wellness](#)

Course Dates: September 14 - 17, 2010

Class Times: 8:00 a.m. - 5:00 p.m.

Credits: 3

To enroll or for more information, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu. Registration deadline is Tuesday, September 7.

Foundations of Health and Wellness is the first required course in four of Tai Sophia's new graduate certificate programs: [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), and [Wellness Coaching](#). Students who complete this course may apply to enroll in one or several of these innovative and career-enhancing, 9- and 10-month graduate programs.

New! Sustainable Botanical Skin and Hair Care at the Meeting Point

Visit Us During Our Summer Hours

The Meeting Point bookstore is now carrying the rainforest line of Alba® Botanica wellness products. Alba's skin and hair products are created to help renew, repair, and revitalize skin and hair with moisturizing, emollient-rich oils derived from some of the world's most beneficial fruits and nuts. Alba has blended these potent antioxidant-rich oils to help protect against damaging free radicals and premature aging.

Visit the Meeting Point during our summer hours or [shop online](#) anytime.

Meeting Point Summer Hours (August 9 - September 3):
Monday-Friday from 9:00 a.m. - 3:00 p.m.



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 Opens September 2

Show Features Aerial Photography

“Above the Changing Landscape,” a collection of aerial photography by Baltimore, Maryland photographer Peter Stern, opens Thursday, September 2 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’s 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.



Aerial photograph of the landscape of Pennsylvania’s coal region, both beautiful and disturbing in its altered state.

Tai Sophia Library

August Hours and New Additions

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

Regular Hours: Monday - Friday from 8:00 a.m. – 7:00 p.m.
Saturday Hours: August 7, 14, 21, and 28, 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

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



**BUILDING BRIDGES
 OF INTEGRATION**
for Traditional Chinese Medicine

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



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

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



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

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