



**Tai Sophia
Institute**

the **Pulse**

Catalog of Workshops and Resources for Spirit, Mind, and Body

Summer Programs

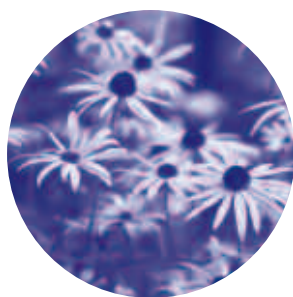
**MAY –
AUGUST 2007**

Featuring:

May 12, June 14, July 14
Graduate School
Open Houses

May 17
Evolve Your Brain:
The Science of
Changing Your Mind
Dr. Joe Dispenza

June 2-3rd Weekend Workshop
Redefining Health



We invite you to be a learner

Welcome to Tai Sophia and to the seasons of growth and joy! During these warm spring and summer months, the sun warms us, calling us to get moving, to celebrate and savor life. At Tai Sophia, we bring you a wonderful selection of programs to nourish us during these active months and to celebrate the gifts of the warm seasons.

- In a free evening presentation, world-renowned physician B. M. Hegde will expand our understanding of Ayurvedic wisdom for balanced living.
- Dr. Joe Dispenza, who was interviewed in the acclaimed film *What the Bleep Do We Know!?*, will present his work on how the human mind evolves and stores information, and how it works in healing the body and the psyche.
- The garden is a setting for connecting nature to spirit. Join Jim Duke, a true renaissance man and internationally acclaimed herbalist, in a walk through his six-acre garden.
- Supporting us in our summer blossoming, Arizona practitioner and author Donna Thomson again gifts us with her 35 years' experience in spiritual study and meditation practice, including 15 years at a Zen meditation center. As she presents a workshop to complement her newly published book, you will learn simple meditation that brings immediate and tangible benefits, including effective use of your energy.

Tai Sophia's programs not only support our individual flourishing, they also call us to partnership:

- Community Transformative Practice Group builds on the ideas presented in our signature program, Redefining Health.
- East Meets West: The Art of Coaching is a newly designed program for all healing practitioners, including parents and educators.

And there is much more . . . as you will discover in these pages.

Join us. We look forward to celebrating with you in the warm, sweet days ahead.

Warmly,

Mary Kay Kenney
Director of Community Programs
410-888-9048 ext. 6611

The PULSE is a publication of Tai Sophia Institute, 7750 Montpelier Road, Laurel, MD 20723. Tai Sophia Institute, a private nonprofit, 501(c)(3) tax-exempt organization is the anchoring academic institution for the nation's emerging wellness system. Founded in 1974, Tai Sophia Institute offers master's degree programs in Acupuncture, Herbal Medicine and Applied Healing Arts, as well as programs, workshops, and resources for the general public. For information about Tai Sophia, call 410-888-9048 or visit the Institute's website: www.tai.edu.

Tai Sophia Institute is pleased to provide you with the opportunity to participate in these programs and workshops. Please recognize that some of the information provided and statements made regarding specific healing products are the opinion(s) of the presenters and designated instructors for such programs and are not necessarily those of Tai Sophia Institute.

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free introductory programs

T'ai Chi Chih®

Monday, May 7
6:30 p.m. – 7:30 p.m.

The gentle movements of T'ai Chi Chih will be done from a seated and standing position, and these movements can be learned in a relatively short period of time. During this one-hour session you will preview the practice and experience the form. A 6-week session begins on May 14.

Instructor: Sharon Sirkis

Feldenkrais: Awareness Through Movement

Tuesday, May 8
6:00 p.m. – 7:00 p.m.

Through Feldenkrais, replace movements that place excessive and unnecessary wear and tear on your muscles and joints that often result in pain and chronic ailments. Learn to move more gracefully and efficiently during this exciting evening workshop. Two 6-week sessions begin on May 15 and July 10.

Instructor: Ed Sweeney

Medical Qi Gong and Kuan Yin Standing Qi Gong

Wednesday, May 9
6:00 p.m. – 7:30 p.m.

Join instructor Karl Ardo as he demonstrates Medical Qi Gong a unique form that focuses on improving physical health and wellness. Karl will also introduce the Kuan Yin Standing Qi Gong, a graceful set of movements that are designed to develop the body as well as elevate the spirit. Series sessions will begin May 16.

Instructor: Karl Ardo

Yoga and Meditation

Thursday, May 10
6:00 p.m. – 7:30 p.m.

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. In this introductory 90-minute class you will explore the foundation of all Yoga systems. A 10-week session begins on May 17.

Instructor: Ashley Litecky

Our Life Force Flowing Through Our Heart

Thursday, July 12
6:30 p.m. – 8:00 p.m.

Join us for an evening presentation and discussion as B. M. Hedge—a great medical cardiologist and a great Ayurvedic physician—brings together the richness of two extraordinary world healing traditions. This is an evening not to be missed.

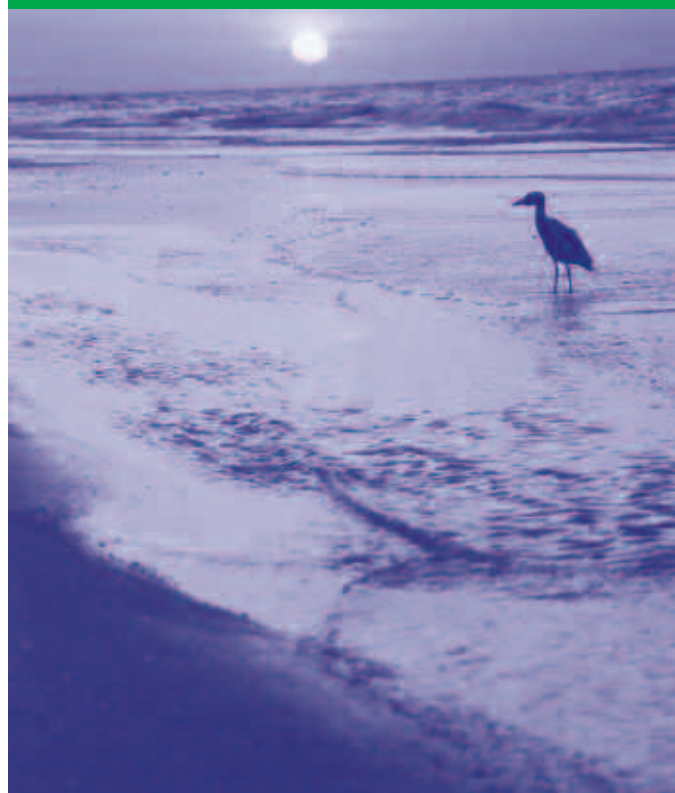
Instructor: B. M. Hedge

Summer's Bounty: Herbal and Medicinal Cordials, Wines and Elixers

Thursday, July 26
6:30 p.m. – 8:30 p.m.

Herbal wines and spirits are a delicious way to enjoy and preserve the freshness of the summer all year long. Using fresh fruits and summer herbs and spices we will explore ways to make herbal cordials, elixirs, and infused wines, tasting all along the way! Juicy peaches, fresh mints and ripened berries blended with medicinal plants and decadent spices. Each participant will take home ideas and recipes and a small bottle of cordial to enjoy. Please note that alcohol-based preparations will be offered in this class, and participants must be 21 years of age or older.

Instructor: Bevin Clare





**Tai Sophia
Institute**

Graduate School Open House

**SAVE
the
DATE**

Saturday, May 12 9:30AM - 12:30PM

Thursday, June 14 6:30AM - 9:00PM

Saturday, July 14 9:30AM - 12:30PM

With interest in the field of wellness growing every day, and enrollment at Tai Sophia increasing, we are scheduling additional Graduate School Open House Information Sessions. This is an opportunity to begin to align your career with your life, and to open new doors to your personal and professional fulfillment. We invite you to bring your questions and learn about our three graduate degree programs in Acupuncture, Herbal Medicine, and Applied Healing Arts. Please join faculty, alumni, students and staff at the session that is most convenient for you.

To register, please contact the Office of Graduate Admissions at 800-735-2968 ext 6647 or admissions@tai.edu.

Master Degree Programs

Acupuncture

Herbal Medicine

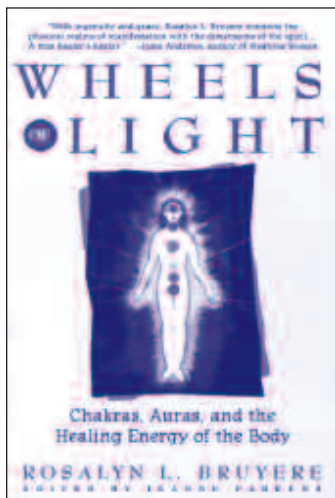
Applied Healing Arts

Tai Sophia Institute
7750 Montpelier Road
Laurel, MD 20723
www.tai.edu

community classes

Body Archaeology: Digging for the Meaning of Illness

Saturday and Sunday, May 5 – 6 10:00 a.m. – 5:00 p.m.



Our history is carried in the cells of our bodies—as is our genetic ancestry. Through our bodies, we can access the relationship between our physical, emotional, mental and spiritual realms. By exploring the archaeology of our bodies, we can discover the meaning behind “dis-ease” and if an illness has a deeper significance. When used in combination with hands-on energy healing and other modalities, a missing piece is supplied that accelerates and aids in the

healing process. Don't miss this opportunity to learn from renowned healer, author and spiritual leader, Reverend Rosalyn L. Bruyere.

Fee: \$325 / **CEUs:** 10

Instructor: Rosalyn L. Bruyere

Evolve Your Brain: The Science of Changing Your Mind

Thursday, May 17 6:30 p.m. – 9:00 p.m.

Dr. Joe Dispenza, of the hit film, *What the Bleep Do We Know!?* will host a talk focusing on the research in his new book *Evolve Your Brain: The Science of Changing Your Mind*. Dr. Dispenza will discuss the field of spontaneous remissions, neuroplasticity, and how we can evolve our brains. Special attention will be placed on what recent studies in neuroscience, psychoneuroimmunology, and biology have to say about healing and disease. Dr. Dispenza will open doors to greater possibilities through some of the latest scientific discoveries. A book signing is included in this evening presentation.



Fee: \$25 / **CEUs:** 2.5

Instructor: Joe Dispenza

East Meets West: The Art of Coaching

Saturday, June 9 9:00 a.m. – 5:00 p.m.

Sunday, June 10 9:30 a.m. – 4:30 p.m.

Are you a health care practitioner who would like to empower your clients and patients? Are you an educator who wants to connect more deeply with your students? Are you already working as a professional coach, or interested in becoming a coach?

This new workshop offering will engage participants in a body of practices that help to create positive, empowering, and forward-moving conversations. This form of coaching is unique in that it:

- Arises from a worldview firmly rooted in the ancient wisdom traditions
- Looks to Nature and the seasons as guides and teachers
- Holds another as already whole and complete and capable of great movement, transformation, and change
- Supports a person both in wellness and times of breakdown
- Effectively reveals personal and collective certitudes that limit life's possibilities

Participants will learn over 20 practices that can be applied to the very next conversation with a client or patient. Come prepared to coach and receive coaching in a supportive learning environment!

Fee: \$125 / **CEUs:** 12

Instructors: Peggy Alexander, Tom Balles, Patricia Salwei, and Jill Weinknecht

Community Transformative Practice Group

Tuesdays, June 12, June 26, July 10 6:00 p.m. – 9:00 p.m.

Don't let your excitement fade. Take advantage of coaching and support to build upon what you have learned in the Redefining Health workshop. A hallmark of Tai Sophia, and specifically the Applied Healing Arts degree program, is the commitment to embodied practice—consciously embracing distinct ways of being, doing, and speaking that serve life and the lives of those around us. Participants will gather in three evening sessions facilitated by acupuncture practitioner and faculty member, Tom Balles, to share practices and deepen their learning through teaching stories.

All participants will be provided with weekly practices, receive guidance in creating a practice log, share teaching stories, and receive coaching around how the practices can be applied in the different domains of life. Continue your learning in this new and unique offering, building your skills “to come to life more fully” in family life, friendships, the workplace, and the community.

Fee: \$75

Instructor: Tom Balles

A weekend for spirit, mind, and body

RECOMMENDED FOR EVERYONE!



**Tai Sophia
Institute**

Redefining Health

SAVE
the
DATE

Saturday, June 2 9:00AM - 5:00PM

Sunday, June 3 9:30AM - 4:30PM

This dynamic program has the ability to influence the way you relate to others and to yourself. Learn ways to help yourself set priorities in the context of oneness with others, without opposition and judgment. Redefine your fear and your courage, your upsets, your relationships, your career, your life, your future as well as your health. Based on ancient wisdom and anchored in the modern world, you will leave the workshop with at least 20 practical skills to use immediately. These skills 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, and teenagers use them with their parents. With compassion and enthusiasm, thousands of participants are creating more ease and less suffering for themselves and for those around them.

Redefining Health is a program that addresses life's questions and puts the unknowing in a context that is at once simple and profound. Participants from around the nation and around the globe have reported that this program has influenced their lives by giving them an empowering, effective framework for daily living.

Fee: \$150

CEUs: 12

Nursing Contact Hours: 15

Note: Please indicate at registration if you will be seeking professional continuing education credits at this workshop.

Instructors: Dianne M. Connelly and Bob Duggan

*Redefining Health will be offered again on
October 13-14, 2007*



Take this
workshop
with or for
someone
YOU love!

community classes

Invoking The Guardians of the Body: A Meditation Workshop

Saturday, June 16 10:00 a.m. – 5:00 p.m.

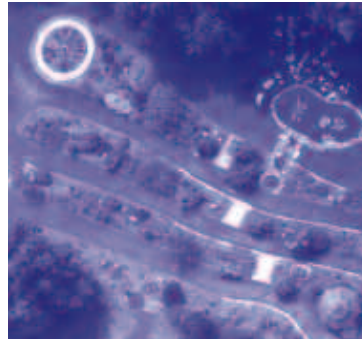
Experience simple meditation techniques utilizing visualization and affirmation to connect the physical body with the underlying information of health, harmony and balance present in the universal energy field, known in many energetic healing traditions as “the blueprint.” Learn simple invocations and meditations for invoking the guardian energies of the body. After an initial introduction to the principles and theoretical basis behind the meditations, brief periods of guided meditation alternate with discussion and sharing. These meditations are based on practices of SourcePoint Therapy, an energetic healing system. They can be used for one’s own benefit and are also simple to teach to others. No prior experience in meditation is necessary.

Fee: \$95 / **CEUs:** 6

Instructor: Donna Thomson

“Green Farmacy” Medicinal Plants of the Bible

Saturday, July 14 9:30 a.m. – 11:00 a.m.



Jim Duke’s herbal “farmacy” is home to over 200 species of herbs. Join Dr. Duke on this wonderful herb walk and discover the ancient history of many plants that are referenced in the Bible. Learn the scriptural context of plants and their use in biblical times as well as in the present. All interested in the

power of plants for healing, and gardeners of all levels who want to know more about herbs will want to attend.

Fee: \$30

Instructor: Jim Duke

professional programs

Chinese Medicine and the Evolution of Consciousness

Friday and Saturday, May 18 – 19
9:00 a.m. – 5:00 p.m.

What is the largest possible context for the practice of Chinese medicine in the 21st century? How will Chinese medicine help humanity to face the challenges that confront us today? Chinese medicine has remained relevant through the ages because it has continually evolved to help humanity rise to meet contemporary challenges. The highest potential of Chinese medicine lies in its ability to assist in the evolution of consciousness. This workshop will examine the ability of Chinese medicine to remove stagnation and promote open awareness. From the perspective of Chinese physiology the mechanism of how the illusion of a separate self is created that leads to that illusion as illness. Five-element and eight-principles traditions along with constitutional diagnosis will be examined as an organizing framework that yields deep insights into each patient’s destiny and path of healing. The nature of specific acupuncture point functions as they impact awareness will also be discussed.

Fee: \$195 / **Tai Sophia Students:** \$175

CEUs: 13

Instructor: Lonny Jarrett

Chinese Classics with Elisabeth Rochat

Monday – Friday, June 25 – 29
9:00 a.m. – 12:30 p.m. / 2:00 p.m. – 5:00 p.m.

Elisabeth Rochat brings to life the language of Chinese medicine and the amazing “stories” its characters contain. The morning program of each day is for practitioners and clinical level students. The afternoon session of each day is for preclinical level students.

Fee: \$35 each for morning or afternoon session / \$350 for full series

CEUs: 3 for each session

Instructor: Elisabeth Rochat

Acupuncture Detoxification Aide Training: Learn the Acudetox Technique

Saturday and Sunday, July 14 – 15
9:00 a.m. – 5:00 p.m.

Maryland law allows certified addictions professionals (counselors, nurses, psychologists) to utilize the National Acupuncture Detoxification Association’s (NADA) 5-Needle Acudetox protocol with their substance-abusing clients. This special acupuncture procedure is learned in this 70-hour course (30 didactic/40 clinical); this weekend class provides the initial didactic training.

Fee: \$290 / **CEUs:** 19.5

Instructor: Cara Michelle Nether

Chakra Energy Work

Chakra Energy Balancing is a form of hands-on healing which uses a gentle, non invasive touch to balance the subtle energy field. This promotes relaxation, pain relief, stress reduction, as well as new tools for insight and increased well-being. The knowledge of the chakras allows an in-depth understanding of the mind-body connection. Chakra Energy Balancing is a powerful yet gentle healing modality that can be used alone or integrated with other modalities.

Level III

Tuesdays, May 8 – June 5
6:30 p.m. – 9:30 p.m.

This 5-week advanced course will build on knowledge gained in the beginning and intermediate level courses. You will deepen your understanding of energy patterns and develop skills to facilitate healing and wellness.

Prerequisite: Level II.

Fee: \$250 / CEUs: 15

Instructor: Arlyn Kline

Level IV

Tuesdays, June 12 – July 24 (no class June 19 and July 3)
6:30 p.m. – 9:30 p.m.

Your work will continue as you expand on the studies of Chakra Energy Work. This session will include energy work with a focus on specific organ systems, balancing of the hemispheres of the brain, stimulating the immune system, and TMJ. Prerequisite: Level III.

Fee: \$250 / CEUs: 15

Instructor: Arlyn Kline

Review and Practice

Tuesdays, July 31 – August 28
6:30 p.m. – 9:30 p.m.

Review highlights of Chakra Energy Work Levels I - IV. A chakra-by-chakra format allows integration and synthesis of lecture material and hands-on technique. This 5-week course includes time for questions and answers, lecture, demonstration, and hands-on practice. Prerequisite: Level IV.

Fee: \$250 / CEUs: 15

Instructor: Arlyn Kline

Zero Balancing

Thursday – Sunday, May 10 – 13 9:00 a.m. – 5:00 p.m.



Study this exciting form of bodywork with Fritz Smith, M.D., its originator. Zero Balancing (ZB) is at the leading edge in the use of touch to align body energy and body structure for health and healing. It is a powerful skill that can be learned and used immediately. This class, Core ZB I, teaches the basic ZB hands-on protocol. Students will learn fundamental ZB theory and skills, including how to distinguish and

access body energy and structure through touch, balance energy with structure, evaluate energy movement within the body, and work with expanded states of consciousness. By the end of this course, participants will gain an effective working knowledge of how to perform a Zero Balancing session.

Fee: \$595 / CEUs: 25

Instructor: Fritz Smith

T'ai Chi Chih®

Mondays, May 14 – June 25 (no class May 28)
6:30 p.m. – 7:45 p.m.

T'ai Chi Chih practice is a series of easy-to-learn movements that will strongly circulate and balance the life force (Qi) that flows within us. Sharon Sirkis, R.N. and instructor at University of Maryland and Kernan Hospital will teach the gentle movements of T'ai Chi Chih. These movements are very gentle on the body and can be learned in a relatively short period of time.

Fee: \$80 / CEUs: 7.5

Instructor: Sharon Sirkis

Feldenkrais: Awareness Through Movement

Session I: May 15 – June 26 (no class June 19)
Session II: July 10 – August 14
6:00 p.m. – 7:00 p.m.

During this mind-body program, you will progress through a series of gentle movement sequences designed to change habitual movement patterns and heal old injuries. Frequently used by athletes, the Feldenkrais method allows you to perform all physical activities with more grace and vigor and increased flexibility and coordination. Two separate 6-week sessions are offered.

Fee: \$85 per session / CEUs: 6

Instructor: Ed Sweeney

Tai Sophia Institute

may

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	Body Archeology 5
Body Archeology 66	FREE Tai Chi Chih 7	FREE Feldenkrais Chakra III Qi Gong Level II 8	FREE Medical Qi Gong Kuan Yin Standing Qi Gong 9	Zero Balancing FREE Yoga & Meditation 10	Zero Balancing 11	Zero Balancing OPEN HOUSE 12
Zero Balancing 13	Tai Chi Chih 14	Feldenkrais Chakra III Qi Gong Level II 15	Medical Qi Gong Kuan Yin Standing Qi Gong 16	Yoga & Meditation Evolve Your Brain 17	Chinese Medicine 18	Chinese Medicine 19
20	Tai Chi Chih 21	Feldenkrais Chakra III Qi Gong Level II 22	Medical Qi Gong Kuan Yin Standing Qi Gong 23	Yoga & Meditation 24	25	26
27	28	Feldenkrais Chakra III Qi Gong Level II 29	Medical Qi Gong Kuan Yin Standing Qi Gong 30	Yoga & Meditation 31		

june

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	Redefining Health 2
Redefining Health 3	Tai Chi Chih 4	Feldenkrais Chakra III Qi Gong Level II 5	Medical Qi Gong Kuan Yin Standing Qi Gong 6	Yoga & Meditation 7	8	East Meets West: The Art of Coaching 9
East Meets West: The Art of Coaching 10	Tai Chi Chih 11	Feldenkrais Chakra IV Qi Gong Level II Community TPG 12	Medical Qi Gong Kuan Yin Standing Qi Gong 13	Yoga & Meditation OPEN HOUSE 14	15	Invoking the Guardians of the Body Meditation 16
17	Tai Chi Chih 18	19	Medical Qi Gong Kuan Yin Standing Qi Gong 20	Yoga & Meditation 21	22	Ayurvedic Wisdom: Finding Your Yoga 23
24	Tai Chi Chih Chinese Classics 25	Feldenkrais Chakra IV Qi Gong Level II Chinese Classics Community TPG 26	Medical Qi Gong Kuan Yin Standing Qi Gong Chinese Classics 27	Yoga & Meditation Chinese Classics 28	Chinese Classics 29	30

calendar of events

july

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	Yoga & Meditation 5	6	7
8	9	Feldenkrais Chakra IV Community TPG	10	Medical Qi Gong Kuan Yin Standing Qi Gong	11	Yoga & Meditation Our Life Force Flowing Through Our Hearts
15	16	Feldenkrais Chakra IV	17	Medical Qi Gong Kuan Yin Standing Qi Gong	18	Exploring Wellness Yoga & Meditation
22	23	Feldenkrais Chakra IV	24	Medical Qi Gong Kuan Yin Standing Qi Gong	25	Summer's Bounty
29	30	Feldenkrais Chakra Review	31			
						OPEN HOUSE Herb Walk Acupuncture Detox Aide Training

august

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	Physiology	6	Physiology	7	Physiology	8
		Physiology Feldenkrais Chakra Review	9	10	11	
12	Physiology	13	Physiology	14	Physiology	15
		Physiology Feldenkrais Chakra Review	16	17	18	
19	Physiology	20	Physiology	21	Physiology	22
		Physiology Chakra Review	23	24	25	
26	Physiology	27	Physiology	28	Physiology	29
		Physiology Chakra Review	30	31		

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**Tai Sophia
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Qi Gong: The Dance of the Phoenix II

Tuesdays, May 8 – June 26 (no class June 19)
6:30 p.m. – 7:30 p.m.

Qi Gong (pronounced chee gung) is the Taoist health and longevity exercise practiced for thousands of years in China. Those who practice Qi Gong report feeling refreshed, relaxed, and reinvigorated. They experience a greater supply of vital energy (qi) for living their lives more fully. The phoenix is a 500-year-old symbol of long life, and is the inspiration for this particular form of Qi Gong, which uses large spiraling motions to promote a high level of energy. In addition, specific movements will be taught which support lower back health. This session is open to students who have completed Level I.

Fee: \$85 / **CEUs:** 7

Instructor: Chan Zhang

Medical Qi Gong

Wednesdays, May 16 – July 25 (no class July 4)
6:00 p.m. – 7:00 p.m.

Medical Qi Gong specifically focuses on improving physical health and wellness. The intent of these 20 Yin-Yang Medical Qi Gong moves is to balance the body by working with specific energetic pathways, or meridians. This is accomplished through gentle physical movements and synchronized breathing. The immune system is then stimulated to function at an optimum level so that participants have an increased level of Qi. This form easily accommodates a beginner with limited flexibility as well as an advanced student.

Fee: \$170 / **CEUs:** 10

Instructor: Karl Ardo

Kuan Yin Standing Qi Gong

Wednesdays, May 16 – July 25 (no class July 4)
7:00 p.m. – 8:00 p.m.

This graceful set of 10 movements is designed to open the heart and honor the quality of compassion. The form is named for Kuan Yin, a bodhisattva or goddess of mercy and compassion who has a long history in the intertwined traditions of Buddhism and Taoism. The Kuan Yin Standing Qi Gong form is from the Sheng Zhen Wufi Yuan Gong System, described as an approach to Qigong “that deepens a student’s connection with heaven and earth, strengthening the body, balancing the emotions, and opening the heart.”

Fee: \$170 / **CEUs:** 10

Instructor: Karl Ardo

Yoga and Meditation

Thursdays, May 17 – July 19 6:00 p.m. – 7:30 p.m.

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. In this 90-minute class you will explore the foundation of all Yoga systems. Each week you will engage yourself in a practice where the roots and essence of Yoga are explored through asanas (postures), pranayama (breathing techniques), mantra (chanting) and Râja-Yoga (meditation). Students are also encouraged to challenge themselves through different variations of the same asanas and to expand one’s own awareness of stillness through meditation and breath-work. This class is ideal for the new student and for those looking to deepen their foundational practice.

Fee: \$165 / **CEUs:** 10

Instructor: Ashley Litecky

Ayurvedic Wisdom: Finding Your Yoga

Saturday, June 23 11:00 a.m. – 2:00 p.m.

The purpose of yoga is to creatively align the body, breath, and mind to reveal the highest expression of the self. Join Ashley Litecky on a journey of self discovery through the practice of yoga postures, breathing techniques and meditation. Explore the ancient and foundational forms of yoga and how they relate to the science of Ayurvedic medicine. In this workshop you will learn the 8 limbs of yoga as they are described in the “Yoga Sutras of Patanjali” written in 200 B.C., and the intersection of Ayurvedic thought and the practice of yoga. Through the practice of several forms and styles of yoga you will find which styles and philosophies match your deepest needs. All participants will design a personal yoga practice from handouts provided, to practice at home. Please provide your own yoga mat, meditation cushion or blanket.

Fee: \$65 / **CEUs:** 3

Instructor: Ashley Litecky

Check Out
Our FREE
Introductory
Movement
Classes!
See page 4

design

The following coursework has been expressly developed to provide a rich and meaningful way for students in Tai Sophia's Master of Acupuncture program to gain relevant exposure to the biomedical sciences and to fulfill their core curriculum requirements.

eligibility

Enrollment is limited to individuals who provide an official transcript of a bachelor's degree. Please note: enrollment in these courses does not guarantee acceptance into a master's program.

Credits: 3 per course

Fees: \$1,140 per course

Registration: Contact the Office of the Registrar at ext. 6660. Registration deadlines are two weeks prior to the course start date.

Anatomy & Physiology

Fridays, April 27 – June 29
8:30a.m. – 1:00 p.m.

This course is designed for students who need a survey of the organ systems of the human body. Both structure and function will be covered, with an emphasis on the skeletal and muscular systems.

Instructor: Jacqueline Krikorian

Medicinal Herbs

Fridays, April 27 – July 27 (no class June 15)
2:00 p.m. – 5:00 p.m.

This course offers an introduction and overview of herbal medicine and the natural products industry, through interaction with plants as food and medicine, both in the field and the marketplace. Humans and plants have lived interdependently for thousands of years and by exploring this relationship, students will come to a greater awareness of natural rhythms and cycles in the body and environment.

The class will explore different traditional models of herbal medicine and students will learn to communicate about herb and drug interactions and issues of the natural products industry. Students will be exposed to herbal therapeutics in three key areas of clinical practice: weight management, stress management, detoxification and digestion.

Instructor: Rebecca Snow

Fundamentals of Human Physiology

Mondays, Tuesdays, and Wednesdays, August 6 – 29
8:30 a.m. – 12:30 p.m.

In this 3-credit course, the functions of all the organ systems of the human body will be covered, using an integrative approach. Cellular processes will also be discussed. Emphasis will be placed on the endocrine, nervous, digestive, cardiovascular, urinary, and lymph/immune systems.

This course is designed to fulfill the physiology prerequisite for the Master of Science in Herbal Medicine. Enrollment in this course does not guarantee acceptance into the degree program. Registration Deadline: July 20.

Fee: \$800

Instructor: Jacqueline Krikorian



instructors

Peggy W. Alexander, M.Ed., M.S., is a life coach and president of Empowerment Coaching & Training located at Howard Community College. She brings a rich background in gestalt therapy, eastern philosophy and youth leadership development. Peggy is trained as a life coach through The Coaches Training Institute.

Karl Ardo, BFA-MFA, Certified Five Element Medical Qi Gong Instructor, a Zero Balancer and ZB Advisory Board member. He teaches Qi Gong, Meditation and has a private practice. He began his studies in 1974 and is currently developing Qi Gong programs for developmentally disabled children at the Kennedy Krieger Institute.

Tom Balles, M.Ac., L.Ac., has been a practicing acupuncturist since 1985 and teaches in both the acupuncture and Applied Healing Arts programs at Tai Sophia. He is the author of *Dancing with the Ten Thousand Things: Ways to Become a Powerful Healing Presence*.

Rosalyn L. Bruyere, world-renowned energy healer, is involved with ongoing research at many major medical and healing institutions throughout the country. Locally she is a consultant on a research project involving children with traumatic brain injury and children with lead poisoning at Baltimore's Kennedy Krieger Institute. Bruyere is the author of *Wheels of Light: A Study of the Chakras*.

Bevin Clare, BS, AHG, is a faculty member and clinical herbalist at Tai Sophia Institute. She has a degree in Ethno botany, and has studied herbal medicine, plants and culture around the world. Clare integrates nutrition, herbal therapeutics, and lifestyle changes into a wellness program designed for the individual.

Dianne M. Connelly, Ph.D., M.Ac.(UK), a practitioner of acupuncture for over 32 years and co-founder and chancellor of Tai Sophia Institute, a teacher of various programs including Redefining Health, SOPHIA, and acupuncture course work. She also conducts workshops nationally and is the author of *Traditional Acupuncture: the Law of the Five Elements, All Sickness is Homesickness*, and the newly released *Alive and Awake: Wisdom for Kids*.

Joe Dispenza, D.C. studied biochemistry at Rutgers University. He went on to receive is Doctor of Chiropractic Degree at Life University in Atlanta, Georgia. He is the recipient of a Clinical Proficiency Citation for clinical excellence in doctor-patient realtionsjips from Life University and a member of the Interantional Chiropractic honor Society. He is author of *Evolve Your Brain: The Science of Changing Your Mind*.

Robert Duggan, M.Ac, (UK) M.A., is co-founder and president of Tai Sophia Institute and has practiced traditional acupuncture since 1973. He has served as chair of the Maryland State Board of Acupuncture, a commissioner of the Accreditation Commission for Acupuncture and Oriental Medicine, and is an active member of the National Alliance for Acupuncture and Oriental Medicine. He is the author of the recently released book, *Common Sense for the Healing Arts*.

Jim Duke, Ph.D., is one of the world's leading authorities on healing herbs and a legend in the work of herb gardening. On the faculty of Tai Sophia Institute's Master of Science in Herbal Medicine program, he brings more than 30 years' experience working with herbs in the jungles of Central and Latin America as well as in research labs in Washington, D.C. Duke has authored several widely acclaimed books, including *The Green Pharmacy* and *Dr. Duke's Essential Herbs*.

B.M. Hegde, M.D., Cardiologist, Visiting Professor Cardiology, the Middlesex Hospital Medical School, University of London, Visiting Professor Indian of Advanced Studies, Shimia Retired Vice Chancellor, MAHE University, Manipal. Author of *What Doctors Don't Get to Study in the Medical School*.

Lonny S. Jarrett, M.Ac. M.S., FNAAOM, has been active and influential in the filed of Chinese medicine since 1980. A founding board member of the Acupuncture Society of Massachusetts, in 1993 he was elected as a Fellow of the National Academy of Acupuncture and Oriental Medicine. Mr. Jarrett is a graduate of Tai Sophia Institute.

Arlyn Kline, R.N., is certified by UCLA as a health consultant in Integral Nursing and has practiced as a Registered Nurse since 1975, specializing in Psychiatric and Holistic modalities. Kline has been a teacher of Energy Balancing since 1983. She has taught the theory and practice of Chakra energy work in seminars sponsored by the State of Maryland Alcohol and Drug Abuse Administration, and the Schools of Nursing at University of Maryland, Johns Hopkins, and UCLA.

Jacqueline Krikorian, Ph.D., received her graduate degree from the Department of Anatomy, University of Maryland School of Medicine. After conducting post-doctoral research at NIH, she held faculty positions at Georgetown University and the University of Maryland Schools of Medicine. After several years experience teaching anatomy, neuroscience, and cell biology to medical and graduate students, she has joined the faculty at Tai Sophia.

Ashley Litecky, BA., RYT., has been practicing yoga for over eight years and has studied with world renowned teachers Ravi Singh and Roger Cole. Combining her passion of world travel, plants and yoga, Litecky has studied and taught yoga in Australia and Costa Rica while studying native plants of those regions.

Cara Michelle Nether, M.Ac., is a faculty member at Tai Sophia Institute in the Acupuncture program. Ms. Nether is a NADA certified trainer for acupuncture addictions treatment.

Elisabeth Rochat, M.A., Classical Literature, M.A. Philosophy from Paris-Nanterre, D.E.A. Chinese from Paris-Jussieu. Rochat is currently the Secretary General of the Ricci Institute, Paris and a Senior Lecturer in the European School of Acupuncture, Paris. Her many books and articles have been translated into French, English, and Italian. She lectures internationally and is considered one of the leading experts in classical Chinese philosophy.

Patricia Salwei, B.S., is an Ontological Coach and the founder of Sohbet Professional Coaching. She is a graduate of the Newfield Network, the George Mason University Coaching for Personal and Professional Mastery Program, and of the Newfield Network graduate coaching program, Ontological Pathways Course. She has provided coaching for such fine organizations as 3M, The Loft Literary Center of Minneapolis, and First National Bank, and has over 500 hours of individual coaching.

Sharon Sirkis, R.N., became an accredited Tai Chi Chih (TCC) teacher in 1997. Since 1998, she has been teaching TCC at Aspenwood Senior Living Community, UMBC, and most recently, to the MS Day Group at Kernan Hospital. Sirkis is also a Reiki Master, a Chakra Energy Healing practitioner, a Black Belt in Karate, and a Firekeeper for Native American sweat lodge ceremony.

Fritz Smith, M.D., D.O., M.Ac.(UK), is the founder of Zero Balancing. In pursuit of a deeper understanding of illness and health, he studied Eastern as well as Western therapies, becoming both a licensed acupuncturist and a certified Rolfer. His studies coalesced into Zero Balancing, a therapy that aligns body structure and energy. Now retired from his medical practice, he continues to teach and lecture worldwide. He is the author of *Inner Bridges: A Guide to Energy Movement and Body Structure* and the recently published *Alchemy of Touch*.

Rebecca Snow, M.S., C.N.S., has been studying herbal medicine since 1997, and graduated from the Tai Sophia Institute's Master of Science Program in Herbal Medicine in 2004. Rhoads has studied with herbalists, Kathleen Maier, Matthew Wood, Stephen Buhner, Teresa Boardwine, and Claudia Joy Wingo. She is a Certified Nutritional Specialist, and assists clients with herbal and dietary approaches for various health concerns.

Ed Sweeney, M.A., M.Ac., L.Ac., attended Temple University and Fielding Institute for graduate study in education, health and psychology. He is a Guild Certified Feldenkrais practitioner, having graduated from the four-year professional training program. Mr. Sweeney is a faculty member and acupuncture practitioner at Tai Sophia Institute.

Donna Thomson, M.S., spiritual counselor and intuitive, is an internationally known meditation teacher whose simple techniques and gentle approach have evolved from more than 30 years of study and practice in numerous spiritual traditions, including Zen training and healing work with people in thousands of intuitive readings. Her approach to meditation is nonsectarian and focused on the needs of the individual. She has taught meditation in the U.S. and Europe for more than a decade, and is author of *The Vibrant Life: Simple Meditations to Use Your Energy Effectively*.

Jill Weinknecht, B.A., is an Ontological Coach and founder of Inner Voice Coaching and Consulting. Jill is a graduate of the Newfield Network where she completed Newfield's professional coach training program, Coaching for Professional and Personal Mastery and their graduate course, Integral Pathways. She brings a love of somatic learning, the arts, and eastern philosophy to her coaching and focuses on creating new possibilities in romantic, work, and familial partnerships.

Chan Zhang trained in her native China. After her doctor advised her to learn Qi Gong to treat a heart condition, Zhang mastered this ancient art. She has conducted Qi Gong classes in Maryland, Minnesota, New York, Pennsylvania, and Washington, D.C. Zhang is also a lecturer in the Master of Acupuncture program at Tai Sophia Institute.

Clinical Services

SCHEDULING AN APPOINTMENT

We welcome you to schedule an appointment at the Tai Sophia Clinic. We offer relationship-centered care that is professional and holistic in nature. Clients report amazing results and enjoy being cared for by our practitioners. The Clinic is open Monday through Friday from 9:00 a.m. to 6:00 p.m. and occasional Saturdays. To schedule your appointment, call a Client Services Coordinator at 410-888-9048, ext. 6614.

Exploring Wellness: Acupuncture and Herbal Healing

Thursday, July 19 6:30 p.m. – 8:00 p.m.

This educational evening workshop, presented from the perspective of acupuncture and herbal medicine, is open to all who are interested in learning the power and possibilities of natural healing. You will discover how the cycle of the seasons shows up in the body, mind, spirit, and how you can work with the creative cycle to tend yourself and others. This July workshop focuses particularly on the transition from Summer into Late Summer, with Summer's imperative that we create joy and connection, flourish and rejoice, and eat cooling foods, and Late Summer's call that we center ourselves, gather our harvest, and find ways to share ourselves and our gifts with others.

Call Clinical Services at ext. 6614 to reserve your space.

Instructors: Tai Sophia Clinical Services Practitioners

CONTACT INFORMATION

LOCATIONS

ACUPUNCTURE AND HERBAL MEDICINE

Faculty Clinic at Tai Sophia Institute
7750 Montpelier Road
Laurel, MD 20723
(410)888-9048 x6614

Faculty-Supervised Student Clinic
7750 Montpelier Road
Laurel, MD 20723
(410)888-9048 x6630

Faculty-Supervised Student Clinic
Chinese Herb Consultations
7750 Montpelier Road
Laurel, MD 20723
(410)888-9048 x6704

Tai Sophia Institute Main Offices
7750 Montpelier Road
Laurel, MD 20723

ACUPUNCTURE

Faculty-Supervised Student Clinics
Baltimore
540 East Belvedere St., Suite 202
Baltimore, MD 21212
(410)433-6846

Faculty-Supervised Student Clinic
Silver Spring
8555 16th Street, Suite 402
Silver Spring, MD 20910
(301)588-8279

PHONE NUMBERS

(410)888-9048	Baltimore	Admissions	x6647
(301)725-1674	Washington	Community Programs	x6611
(800)735-2968	Toll Free	Alumni Relations	x6618
(410)888-9004	Fax	Meeting Point	x6632
		Library	x6644
		Philanthropy	x6639

The Library hours are:

11:00 a.m. – 5:00 p.m.
Monday, Wednesday and Friday

11:00 a.m. – 8:00 p.m.
Tuesday and Thursday



The Meeting Point hours are:

Mondays – Thursdays
8:00 a.m. – 4:00 p.m.

Weekends
(Call for schedule)

Call 410-888-9048 ext. 6611 to Register for a Free Class.

Course	Date	Cost Per Course	Number of Persons	Total
Acupuncture Detoxification Aide Training	July 14 – 15	\$290	X _____	\$ _____
Ayurvedic Wisdom: Finding Your Yoga	June 23	\$65	X _____	\$ _____
Body Archaeology	May 5 – 6	\$325	X _____	\$ _____
Chakra III	May 8 – June 5	\$250	X _____	\$ _____
Chakra IV	June 12 – July 24	\$250	X _____	\$ _____
Chakra Review	July 31 – August 28	\$250	X _____	\$ _____
Chinese Classics	June 25 – 29	\$350 / \$35	X _____	\$ _____
Chinese Medicine	May 18 – 19	\$195 / \$175	X _____	\$ _____
Community TPG	June 12, 26, July 10	\$75	X _____	\$ _____
Dance of the Phoenix II	May 8 – June 26	\$85	X _____	\$ _____
East Meets West: Art of Coaching	June 9 – 10	\$125	X _____	\$ _____
Evolve Your Brain: Science of Changing	May 17	\$25	X _____	\$ _____
Feldenkrais	May 15 – June 26	\$85	X _____	\$ _____
Feldenkrais	July 10 – August 14	\$85	X _____	\$ _____
Fundamentals of Human Physiology	August 6 – 29	\$800	X _____	\$ _____
Herb Walk	July 14	\$30	X _____	\$ _____
Invoking the Guardians of the Body	June 16	\$95	X _____	\$ _____
Kuan Yin Standing Qi Gong	May 16 – July 25	\$170	X _____	\$ _____
Medical Qi Gong	May 16 – July 25	\$170	X _____	\$ _____
Redefining Health	June 2 – 3	\$150	X _____	\$ _____
T'ai Chi Chih	May 14 – June 25	\$80	X _____	\$ _____
Yoga & Mediation	May 17 – July 19	\$165	X _____	\$ _____
Zero Balancing	May 10 – 13	\$595	X _____	\$ _____
Grand Total				\$ _____

save the date

JOURNEY TO COSTA RICA



People, Plants and Healers with James Duke, Ph.D.

August 11 – 19, 2007 9-Day Expedition from \$2,294

INCLUDES: Accommodations, 3 meals a day in Costa Rica,
Naturalist guides and land transportation.

Price is based on 2 people sharing a room.
Single supplement is an additional \$660.

NOT INCLUDED: Airfare from your city to San Jose,
Costa Rica is additional. The airfare from the Washington/
Baltimore region estimated from \$682 including tax.
Air within Costa Rica estimated at \$134 including tax.

**For more information, contact
Robyn Urbach, Associate Director,
Herbal Medicine Program at
410-888-9048 ext. 6665.**

partners in wellness



The Medicines from the Earth Herb Symposium

June 2-4, 2007 - Black Mountain, North Carolina

Contact: botanicalmedicine.org 800-252-0688



Clinical Botanical Medicine in Real Life *American Herbalists Guild's 18th Annual Symposium*

October 26-28, 2007 - Columbia, MD

Contact: www.americanherbalist.com 203-272-6731

*Sage Mountain Herbal Retreat &
Botanical Sanctuary*

8th International Herbal Symposium

June 22, 23 & 24, 2007 - E. Barre, VT

Contact: www.sagemountain.com

Tai Sophia Institute represents the meeting point of the ancient healing traditions from the East and West; the Chinese word Tai means "great" and the Greek word Sophia means "wisdom." Together, the two words "great wisdom" serve as the foundation for our academic programs, clinical services, and community wellness offerings.

The premier academic institution for the nation's emerging wellness system, Tai Sophia Institute offers graduate degree programs in Acupuncture, Herbal Medicine, and Applied Healing Arts. The 12-acre campus houses a bookstore/ café, library, clinic, meditation, and herb gardens.



**Tai Sophia
Institute**

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(301) 725-1674 Washington
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