



**Tai Sophia
Institute**

Caring for Yourself: Mind, Body and Budget

Community Acupuncture
at Tai Sophia Institute's
Natural Care Center



Acupuncture: A Time-Tested System of Healing

Originating in China, acupuncture is a system of healing that has been practiced in East Asian countries for thousands of years. Acupuncture treats the whole person and addresses the body at many levels of functioning. However, it is not intended to exclude traditional Western medicine or other health-promoting practices. Acupuncture integrates well with other therapies, and our practitioners often partner with traditional providers to achieve the best results.

How Acupuncture Works

Based on natural laws influencing the movement of energy in nature and the body, the life force called “chi” flows through our bodies in channels, like rivers flowing through the earth.

Health is promoted when the chi in your body is full and moving properly. When blocked by stress, sadness, or injury, the harmonious movement of chi is disrupted, and illness can begin. Acupuncture treats the underlying imbalances and promotes harmony within your body.

Acupuncture needles are solid and slender — slightly thicker than a human hair. We use the finest quality, stainless steel, pre-sterilized, disposable needles. Sensations vary from person to person, with some clients feeling a dull, momentary ache or a tingling sensation.

Individuals benefitting from traditional acupuncture treatments often find relief from health concerns such as headaches, chronic fatigue, depression, allergies, back pain, digestive disorders, joint pain, sleeping problems, infertility, menstrual disorders, and other symptoms. Many also report experiencing improved stamina and vitality, a greater sense of peace and well-being, as well as getting sick less often and recovering more quickly.

Caring for Yourself: Mind, Body, and Budget

While many people receive acupuncture treatment in a one-on-one setting, Tai Sophia now offers acupuncture treatments in a small group setting. Community acupuncture gives you the opportunity to experience all the benefits of acupuncture at a significantly reduced cost.

For instance, an initial community acupuncture visit costs \$60, compared to \$120 for an initial visit for individual treatment. Subsequent community acupuncture visits cost \$30, whereas ongoing individual visits typically cost \$80. Overall, with community acupuncture, you save more than 50 percent.

At the same time, you gain the added benefit of receiving treatment in the company of others seeking healing and well-being. With community acupuncture, you can even experience treatments alongside someone you love – family members, partners, or friends. Regardless of who is present, our clients have reported the unique value of the shared experience.

Community Acupuncture: What to Expect

When you arrive for your first visit, you'll meet with your acupuncturist in a private room for about 20 minutes. After your private meeting, treatment will take place in the group room, softly lit and with soothing music playing. You'll relax into a comfortable recliner for treatment, and no more than six to nine others will be present.

Once the needles are in place, you're welcome to continue to rest quietly for up to an hour. In our often-busy lives, this is a rare opportunity for you to let go of any to-do lists and let yourself be calm and still.

As for follow-up visits, we recommend that you come weekly for about six to eight weeks. As your treatment progresses, your acupuncturist will give you more insight on when to schedule subsequent visits to best meet your needs. All follow-up visits will take place in the group room.

Our practitioners are committed to relationship-centered care; and, as part of each treatment, we make sure to offer each person compassionate and deep listening. We trust in the wisdom of you and your body as crucial elements of your healing and for creating and maintaining wellness.

Schedule Your First Visit Today

Community acupuncture is offered at the **Natural Care Center** at Tai Sophia's main campus in Laurel, Maryland. For more information or to schedule an appointment, please call the Community Acupuncture Program at 410-888-9048, ext 6698.

Tai Sophia Institute

Tai Sophia Institute, a private, non-profit organization based in Laurel, Maryland, is a preeminent center for wellness-based education, client care, and public policy discourse. Since opening our doors in 1975 as a healing arts clinic, the Institute has evolved into a diverse resource providing accredited graduate academic programs, continuing education, community wellness programs, and clinical services in acupuncture, nutrition counseling, and herbal medicine. Tai Sophia's 12-acre main campus also houses a bookstore, an herbal dispensary, a library, and herb and meditation gardens.



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