



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Tai Sophia Institute Offers Free Wellness Classes in April**

**March 23, 2010 (Laurel, MD)** – Tai Sophia Institute ([www.tai.edu](http://www.tai.edu)) will be hosting two weeks of **free** introductory wellness classes beginning Monday, April 19. Participants can sample everyday wellness wisdom for their body, mind, and spirit during week one. Week two offers the opportunity to learn about and try yoga, Qi Gong, and meditation and serves as a preview of Tai Sophia's spring community programs class series.

All of the free classes will be held on Tai Sophia's main campus at 7750 Montpelier Road, Laurel, MD, 20723. **To register**, please visit [www.tai.edu](http://www.tai.edu) (keyword: free wellness) or call Community Programs at 410-888-9048, ext. 6611.

### **Eating Healthy on a Budget**

Monday, April 19

6:30 p.m. – 8:00 p.m.

Eating healthy doesn't need to be expensive, nor does it mean eating bland and uninteresting food. During this free class, you will learn the research-based benefits of Rebecca Snow's "Top 10 List of Inexpensive Healthy Foods" and take home some easy and delicious recipes to try at home. Learn to get the most out of your food budget while creating healthier eating habits and greater wellness for you and your family.

*Instructor:* Rebecca Snow, M.S., CNS, RH (AHG)

### **Craniosacral Therapy – Gentle Hands-on Bodywork**

Wednesday, April 21

6:30 p.m. – 8:00 p.m.

Craniosacral Therapy is a unique manual therapy with its roots in osteopathic medicine. This gentle hands-on bodywork modality works in response to a core rhythm in the body created by fluctuations in the fluid surrounding the brain and spinal cord. In this evening presentation, advanced Craniosacral Therapy practitioner Liz Brinson will provide a historical overview, review basic anatomy, and demonstrate Craniosacral Therapy. *Instructor:* Liz Brinson, LMT, NCTMB

### **Acupuncture for Health, Healing, and Wellness**

Thursday, April 22

6:30 p.m. – 8:00 p.m.

Join us for an introductory discussion and demonstration of traditional acupuncture - grounded in 35 years of teaching and treatments at Tai Sophia Institute. Learn what "qi" (chi) is, how acupuncture works, what happens in the treatment room, and why millions use this powerful millennium-old method to heal, address pain, and maintain wellness. *Instructor:* Kaiya Larson, M.Ac., L.Ac.

(more)

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**Introduction to Qi Gong: Medical Longevity Qi Gong and Three Jewels Qi Gong**

Wednesday, April 28  
6:00 p.m. – 7:30 p.m.

This evening event introduces Qi Gong. Qi Gong opens energy flow by reducing or eliminating blockages, rigidity, and disease through gentle physical movements and synchronized breathing. This form easily accommodates a beginner with limited flexibility as well as the advanced student. Attendees will learn how Qi Gong improves physical health and wellness, watch a demonstration of Qi Gong, and have the opportunity to try Qi Gong movements. *Instructor:* Karl Ardo, M.F.A.

*Information about the upcoming Three Jewels Qi Gong and Medical Longevity Qi Gong class series, which begin in early May, also will be available.*

**Yoga and Medication**

Thursday, April 29  
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 and learn to expand your awareness of stillness through meditation and breath work. This class is appropriate for both new and advanced students. *Instructor:* Ashley Litecky, M.S., RYT

*Information about the upcoming Yoga and Meditation class series, which begins in early May, also will be available.*

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**Tai Sophia Institute** is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers graduate-level academic programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, and Transformative Leadership and Social Change, as well as community wellness programs, continuing professional education, and clinical care. Tai Sophia's 12-acre main campus houses the Natural Care Center, The Meeting Point Bookstore, a library, the Himmelfarb Gallery, and herb and meditation gardens – all of which are open to the public.

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