



**Tai Sophia  
Institute**

**For Immediate Release**  
Media Contact: Kimberly Dorsey Bronow  
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## **Free Wellness Classes at Tai Sophia Institute in September**

**August 6, 2010 (Laurel, MD)** – Tai Sophia Institute will be hosting two weeks of **free** introductory wellness classes beginning **Monday, September 13**.

During Week 1, learn about acupuncture's powerful role in supporting individuals with cancer before and after they undergo treatment, and harvest helpful "how-tos" about creating greater health and wellness with seasonal foods, herbs, and spices. Week 2 features introductory movement and meditation classes plus an interactive workshop on transformative practices for the workplace.

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

### **Acupuncture and Cancer: Supporting Patients and Families During and After Treatment**

Monday, September 13

6:30 p.m. – 8:00 p.m.

Learn how acupuncture can support and re-balance the body; alleviate the side effects of chemotherapy and radiation; address the emotional aspects of living with cancer for both the patient and loved ones; and support overall health and wellness after treatment.

### **Healthy Eating with the Seasons: Fall Focus**

Wednesday, September 15

6:30 p.m. – 8:00 p.m.

Learn which types of foods, preparation techniques, and meals best support overall health and nutrition during the fall months. Learn ways to preserve herbs, fruits, and vegetables (with drying, freezing, and pickling) so they can be incorporated into meals all fall and winter long. Go home with four easy, healthy recipes that incorporate seasonal produce.

### **Herbs & Spices for Nourishment and Health**

Thursday, September 16

6:30 p.m. – 8:00 p.m.

Herbs and spices play an important and essential role in nourishment and health. They are a tasty and traditional part of any diet. Learn which herbs and spices enhance digestive and cognitive functions, which help relieve stress, and which you can grow at home. Participants will learn how to prepare a fall spice blend.

**(more)**



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**Qi Gong: Dance of the Phoenix**

Monday, September 20  
6:30 – 7:30 p.m.

Learn about and try Qi Gong (pronounced “chee gung”), a health and longevity exercise that leaves you feeling more refreshed, relaxed, and reinvigorated.

**Transformative Practices for the Workplace**

Tuesday, September 21  
6:30 – 8:00 p.m.

The workplace is a place of increasing complexity and rapid change. Join Tai Sophia’s Transformative Leadership faculty in a lively, interactive dialogue about workplace best practices including how to skillfully and effectively navigate the turbulent waters of change. Learn concrete practices to positively address workplace breakdown and effectively manage the inevitable emotions that accompany change.

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

Wednesday, September 22  
6:00 p.m. – 7:30 p.m.

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.

**Yoga and Meditation**

Thursday, September 23  
6:00 p.m. – 7:30 p.m.

Explore yoga and the benefits of stillness through meditation and breath work in a class that is ideal for the new student and for those looking to deepen their foundational practice.

All classes will be held at 7750 Montpelier Road, Laurel, MD, 20723. **Register to reserve your seat at [www.tai.edu](http://www.tai.edu)** (keyword: free wellness).

**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 Art Gallery, and herb and meditation gardens – all of which are open to the public.

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