



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Free Wellness Classes at Tai Sophia Institute in January**

**December 9, 2010 (Laurel, MD) – Tai Sophia Institute will be hosting two weeks of free and introductory wellness classes beginning Tuesday, January 18, 2011.**

Learn how acupuncture supports fertility; why the winter gifts of stillness and quietude are essential for a balanced life; how to nourish the mind and spirit as well as the body by eating whole foods and reviving nourishing practices from past generations; and, explore what happens in nature and our bodies in wintertime while learning how to support winter wellness with teas and other herbal preparations.

Week 2 also includes free introductory movement and meditation classes that give participants the chance to try meditation, qi gong, and yoga, as well as preview upcoming 10-week class series and meet the instructors.

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.

### **Supporting Fertility with Acupuncture**

Tuesday, January 18  
6:30 p.m. – 8:00 p.m.

Learn how acupuncture, diet, and lifestyle choices can help couples struggling with infertility by effecting optimum changes in body, mind, and spirit. Unexplained infertility, endometriosis, fibroids, and PCOS, as well as IVF, will be discussed.

### **Stillness, Reflection, and Meditation**

Wednesday, January 19  
6:30 p.m. – 8:00 p.m.

For professionals of all types and individuals of all ages, the capacity to be still, reflect, and focus are essential. Learn how to avoid becoming depleted and bring greater balance, ease, and energy into your life through simple yet powerful exercises in being still, contemplative thinking, and basic meditation.

### **Whole Foods: Nourishing the Body, Mind, and Spirit**

Thursday, January 20  
6:30 p.m. – 8:00 p.m.

Today's cooking and eating experiences are remarkably different than in recent generations. Nutrition is about far more than getting all the right vitamins and minerals. It's about nourishment and the relationship between humans, plants, animals, and the planet. Reconnect to all the ways that eating and whole foods can nourish you and your family.

**(more)**

Tai Sophia Institute • 7750 Montpelier Road • Laurel, MD 20723  
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**Qi Gong: Dance of the Phoenix – Levels I & II**

Monday, January 24

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.

**Wintertime Herbs & Herbal Preparations**

Tuesday, January 25

6:30 p.m. – 8:00 p.m.

Explore what happens in nature and in our bodies in wintertime. Learn how to support yourself and your loved ones throughout the cold season with herbs and simple herbal preparations. Sample tasty teas and take home herbal recipes and useful lifestyle tips.

**Medical Longevity Qi Gong and Taoist Meditation**

Wednesday, January 26

6:00 p.m. – 7:30 p.m.

Attendees will learn how Qi Gong and Taoist Meditation can support longevity, improve physical health and wellness, and create a more balanced lifestyle.

**Yoga and Meditation – Levels I & II**

Thursday, January 27

6:00 p.m. – 7:30 p.m.

Explore yoga and the benefits of stillness through meditation and breath work. 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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