



**Tai Sophia
Institute**

For Immediate Release

Media Contact: Lisa Connelly-Duggan

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**SIGNATURE WELLNESS PROGRAM
AT TAI SOPHIA INSTITUTE**

Redefining Health Workshop Saturday, October 1-2, 2011

September 19, 2011 (Laurel, MD) – Join us at Tai Sophia Institute (www.tai.edu) on **October 1-2** for a ground-breaking two-day workshop for your mind, body, and spirit.

WHAT: "**Redefining Health**" is based on the universal wisdom of nature and the cycle of the seasons, timeless teachings from the world's great wisdom traditions, and anchored in the modern world. Redefining Health empowers you with more than 20 practical skills you can use immediately to redefine upset, fear, relationships, and ultimately your health, and your life. Learn ways to set priorities in the context of partnership with others without opposition or judgment. **Redefining Health** is only offered three times each year, so don't miss your chance to attend this popular, life-changing workshop.

WHO: Redefining Health is taught by Tai Sophia Institute co-founders **Dianne Connelly, Ph.D., and Bob Duggan, M.A.**, with nearly 40 years experience each.

WHERE: The workshop will take place at the **Tai Sophia Institute** main campus, **7750 Montpelier Road**, in **Laurel, Maryland**. To find out more information or to register for this event, visit www.tai.edu or call 410-888-9048, ext. 6611.

WHEN: **Saturday, October 1, 2011**, 9:00 a.m. - 5:00 p.m. and
Sunday, October 2, 2011, 9:30 a.m. - 4:30 p.m.

COST: \$165 for the two-day workshop
Provides 12 CEUs and 12.5 Nursing Contact Hours.

ABOUT: The skills you will learn – and practice – during this interactive weekend are powerful, effective, and broad-based. Executives use these skills in business meetings. Teachers use them in the classroom.



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Health-care providers use them with their patients. Parents, teens and even young children use them with each other. 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 the globe have reported that this program has influenced their lives by giving them an empowering and effective framework for daily living.

ABOUT TAI SOPHIA INSTITUTE

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, educational institution for health and wellness studies. The Institute is accredited by the Middle States Commission on Higher Education. It offers master's degree programs in Acupuncture, Therapeutic Herbalism, Nutrition and Integrative Health, and Transformative Leadership and Social Change; graduate certificate programs in Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, Wellness Coaching, Chinese Herbs, and a new post-master's certificate in Women's Holistic Health; individual graduate courses; and, community wellness programs, as well as continuing professional education and clinical services. The Institute's 12-acre main campus in Laurel, Maryland, also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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