

Maryland University
of Integrative Health

Maryland University
of Integrative Health

Alumni Association
NEWSLETTER

IN THIS ISSUE



MUIH ALUMNI SPOTLIGHT



SUCCESS STORY

Success Story

STUDENT VIGNETTE

**Ben LeVine, Master of Science in
Therapeutic Herbalism**

**WOMEN'S HISTORY
MONTH WOMEN IN
MEDICINE**

Ben is the Chief Herbalist and Quality Control Manager at [Rasa](#), an alternative coffee company in Boulder, Colorado that specializes in adaptogens. As an herbalist at Rasa he develops new products, sources organic and sustainable herbs, and promote herbal education. He was previously a senior herb buyer for Celestial Seasonings. In addition to his Masters in Herbalism from MUIH, he received his Bachelor of Science in Entrepreneurship from the University of Arizona and studied for a year at the Colorado School of Clinical Herbalism.

**COMMUNITY PANDEMIC
RESOURCES**

MUIH NEWS & EVENTS

**INTEGRATIVE HEALTH
NEWS & EVENTS**

AND MORE!

Maryland University of Integrative Health
7750 Montpelier Road
Laurel, MD 20723

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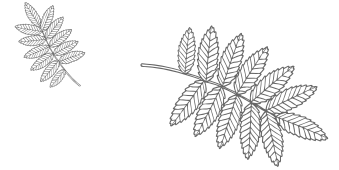
STUDENT VIGNETTE



Leslie Tomlinson, Student Master of Science in Yoga Therapy

Registering for my first trimester at MUIH in Yoga Therapy in 2018, I thought I was signing up to gain more knowledge and practice in offering healing, peace of mind and the practical skills of all the tools of yoga therapy to clients. Little did I know that I was going to find these tools of yoga therapy for myself as well. Preparing for my last trimester, I am feeling hopeful for all the possibilities upon graduation, and sorrowful for the amazing humans, students and faculty I've had the opportunity to know, learn from, and feel inspired by that I will no longer be seeing on-campus weekends. With the COVID-19 pandemic, I'm fortunate to have had online learning skills already developed in this hybrid program, and the same tools of yoga therapy mentioned above have become a part of my daily schedule as I shift to this new way of life. I would like to share this gift that is a closing chant recited at the end of an Ashtanga practice, the Mangala Mantra:

Om svasti prajābhyaḥ paripālayantām nyāyena mārgēṇa mahīm mahīśāḥgo-brāhmaṇebhyaś śubham astu nityamlokās samastā sukhino bhavantuOm shanti shanti shantiMay you be well and protected. (May the leaders of this land make wise decisions.May the earth be abundant for those who know the land as sacred.May all beings, without exception, know ease.Peace, peace, peace.)



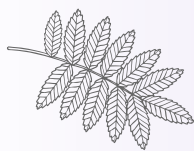
"Difficult things of the world can only be tackled when they are easy. Big things of the world can only be achieved by attending to their small beginnings. Thus, the Sage never has to grapple with big things, yet he alone is capable of achieving them!"

- Lao Tzu, *Tao Teh Ching*

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CELEBRATING WOMEN'S HISTORY MONTH WITH WOMEN IN MEDICINE



During the late Zhou dynasty (1045-256 BCE) Wu (female shamans) predominated shamanism in ancient China, Japan, and Korea, performing healing practices.



Ancient Athens (4th Century BCE) Agnodice, is known as the first female midwife in ancient Athens. Women were not allowed to learn or practice medicine. She disguised herself as a man to study in Alexandria, Egypt and practice in Greece. Charged with a capital crime, her patients stormed the trial, convinced the prosecutors to release her, and paved the way for future female practitioners in Greece.



1944-2018, Geeta Iyengar, is credited for advancing yoga for women, developing asanas and pranayama for menstruation pregnancy, postpartum, and menopause. In India, she became the co-director of Ramamani Iyengar Memorial Yoga Institute (RIMIYI). She traveled around the world teaching in North America, Australia, South Africa, and Europe.



Around 2,500 BCE, Peseshet, "Lady Overseer of Female Physicians," is the first female doctor known by name. Peseshet is noted in inscriptions as the 'King's Associate.' This may suggest that she was the personal physician of the monarch. She is associated with training of medicine.



859 AD, Fatima Al-Fihri founded the first degree-granting educational institute in the world, the University of al-Qarawiyyin, featuring degree programs in medicine, science, math, and more.



1867-1934, Marie Curie, a Polish and naturalized French physicist and chemist, helped discover two elements in the periodic table: polonium and radium. This discovery led the way for the development of the x-ray. She also was the first woman to earn the Noble Peace Prize and she won twice.



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MUIH BUILDING COMMUNITY ACROSS DISTANCE

FREE MUIH VIRTUAL COMMUNITY OFFERINGS

In the spirit of joining together and supporting our community during this time, we're honored to offer the following events:

Sundays

4-4:30 PM

[Guided Meditation and Reflection](#)

with Marlysa Sullivan

Mondays

8-8:30 AM

[Setting Intentions for the Week Ahead](#)

with Camille Freeman

Tuesdays

12-12:30 PM

[Wellness Yoga](#)

with Diane Finlayson

3-3:30 PM

[Meditation Tuesdays](#)

with Emily Cerda

Thursdays

12-12:30 PM

[Wellness Yoga](#)

with Rachel Voss

Questions? Feedback?

Contact Michelle Coleman
at studentsupport@muih.edu.

SPECIAL VIRTUAL EVENTS

Friday, April 3, 5-6 PM

[Acupressure and Qi Gong](#)

with Heidi Most

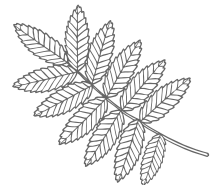
Friday, April 17, 12 PM

[Cooking for All Ages](#)

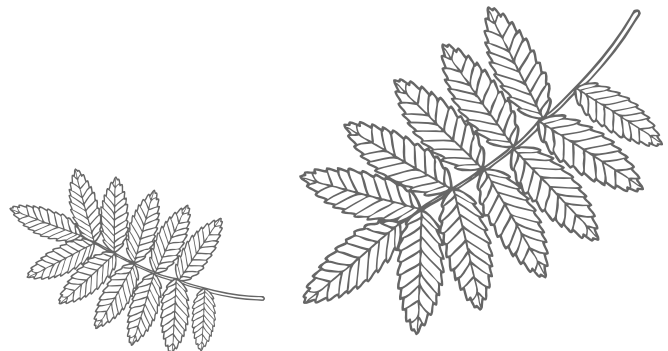
with Eleonora Gafton

MUIH COVID-19 PAGE

[Click here](#) for MUIH's operating status



"Just creating people who can earn, who can invent, is not going to help the world in itself unless people become holistic, unless people become united with their own inner spiritual nature and act with dynamic compassion in this world on that basis. "
- Radhanath Swami





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MUIH NEWS & EVENTS

CANCELED [Maryland University of Integrative Health 5th Annual Research Symposium](#)

April 3, 2020

Maryland University of Integrative Health
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CANCELED Commencement 2020

Due to the COVID-19 pandemic MUIH has decided to cancel its 2020 University Celebration and Commencement ceremonies on the weekend of May 16-17. The Commencement Committee is already working on plans for alternative celebrations to occur online to honor our graduates and both student and faculty awardees. We will provide those details as they become available and hope that you will participate. Additional details will be distributed to the MUIH community and posted on the Commencement [website](#) as they become available.

Post-Baccalaureate [Certificate in Cannabis Science: Therapeutics, Product Design, and Quality Assurance](#)

Program is pending Maryland Higher Education Commission.

MUIH NEWS & EVENTS (cont.)

MUIH Professional and Continuing Education (PCE) is now pre-approved as an official Continuing Education (CE) Provider #100135 for the National Board of Health and Wellness Coaching!

NEW NATURAL CARE CENTER

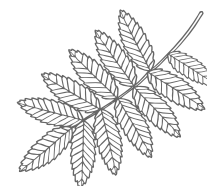
Temporarily closed until further notice

For more than 40 years, the [Natural Care Center](#) at Maryland University of Integrative Health has provided powerful, meaningful, and effective healing experiences for patients and clients that arrive with a wide array of health challenges.



Become an active part of our ever-expanding community of esteemed alumni association. Members will have access to perks and discounts, events, communities, and more!

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Submit a MUIH Alumni Newsletter Submission Request

[HERE](#)



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INTEGRATIVE HEALTH NEWS & EVENTS

[TCM specialists on battlefield to fight novel coronavirus](#)

Canceled: The Academic Consortium for Integrative Medicine & Health
[2020 International Congress on Integrative Medicine and Health](#)
April 28 - May 1, 2020
Cleveland, Ohio

Now Live Streaming Online:
[Ayurveda and Spirituality Conference](#)
April 24-26, 2020
Boone, NC

Canceled: The American Society of Acupuncturists
[Annual Conference](#)
May 2-4, 2020
Washington, DC

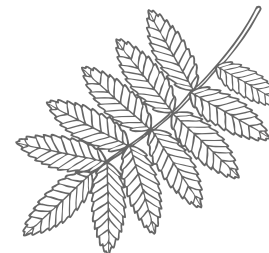
The International Association of Yoga Therapists
[SYSTAR](#)
June 11-14, 2020
Lincolnshire, IL

[10th Annual Integrative Medicine for the Underserved \(IM4US\) Conference](#)
August 27-29, 2020
Milwaukee, Wisconsin
CALL FOR PROPOSALS IS NOW OPEN! Apply to be a presenter at the 10th Annual Conference (link above)!

INTEGRATIVE HEALTH NEWS & EVENTS (cont.)

Academy of Nutrition and Dietetics
[Food & Nutrition Conference & Expo](#)
October 17-20, 2020
Indianapolis, IN

WESTERN DISPENSARY



Closed until further notice

As an MUIH Alum, you can order herbs for yourself from the Western Herbal Dispensary! In addition, if you graduated from the Herbal Clinical program, you can send us your client orders! The MUIH Dispensary uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA GMP's and providing a certificate of analysis demonstrating the authenticity of the herbs we order. Herbs we purchase are wild crafted or certified organic. You can view a list of our herbs and extracts [here](#).

Email or call us to place your order.
herbs@muih.edu
410-888-9048 x6676



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MUIH PROFESSIONAL AND CONTINUING EDUCATION



We encourage you to explore MUIH's Professional and Continuing Education (PCE) offerings to expand your knowledge, skills and credentials. Stay up-to-date with latest PCE releases and learn more about PCE Alumni discounts at www.muuh.edu/ce or email ce@muuh.edu for more information.

LEARN FROM ANYWHERE ON YOUR OWN TIME:

Looking for a convenient way to refresh your skills and add to your credentials? MUIH Professional and Continuing Education (PCE) offers a portfolio of online educational opportunities so you can learn and earn CEUs from anywhere in the world at your own pace! Stay safe and well and join us as a PCE learner! Learn more and enroll in our online, self-paced PCE offerings at www.muuh.edu/ce.

FEATURED PCE OFFERINGS:

Psychoneuroimmunology: How Thoughts Impact Disease

During times of uncertainty or overwhelm, you might be feeling more anxious and stressed than usual. Why do you feel depressed and anxious when you get sick? Why does stress give you an upset stomach? The answer to these questions and more comes from the exciting field of psychoneuroimmunology! Learn more about this emerging area and how you can apply concepts from the field in your own life and those of your patients and clients. FOR A LIMITED TIME UNTIL APRIL 30, BENEFIT FROM A 25% DISCOUNT on this course with Promo Code MINDSET25 at checkout. [Enroll Now!](#)

SHERMAN COHN LIBRARY AT MUIH



Alumni are welcome to visit Sherman Cohn Library in person where they can use the on-site computers or their personal mobile devices to access the library's electronic resources. Alumni may also apply for a library borrowing account to borrow physical library materials, such as books or DVDs, etc. Alumni may borrow up to 3 items at a time from the regular or sequestered collections. Due to licensing restrictions, off-campus access to subscription electronic resources is limited to currently enrolled students, faculty, and staff.

Sincerely,

Carissa M. Hernandez, MLIS
Head Librarian
Sherman Cohn Library @ MUIH



MUIH is proud to offer this exclusive partnership with DaoCloud to all MUIH Alumni.

[DaoCloud](#), the largest network of vetted wellness practitioners, and MUIH have joined together to amplify our combined missions.

[Click here](#) to learn more and create an exclusive complimentary practitioner profile to utilize this client building software.



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CAREER SERVICES

FEATURED CAREER SERVICE ADVICE

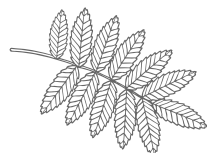
Career Services: [Resume Writing and Counseling Sessions](#)

Please contact me at rbrooks1@muih.edu if you need career assistance or if you are in a position to hire our students/alumni.

Regards,
Rob Brooks
Associate Director of Career Services

"Anything that weighs upon the mind, such as worry, fear, remorse, or guilt, keeps the mind attuned to a pitch which is below its natural tone. When in that state of mind, even the most capable person cannot function efficiently, being thereby unable to accomplish those ideals for which he or she is striving."

- Hidayat Inayat Khan



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