



**Tai Sophia
Institute**

For Immediate Release

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Free Wellness Classes at Tai Sophia Institute in May

March 21, 2011 (Laurel, MD) – Tai Sophia Institute will be hosting **two weeks of free wellness classes** beginning **Monday, May 2, 2011**. In addition to five free evening wellness talks and workshops, three free movement and meditation preview classes offer participants the chance to try meditation, qi gong, and yoga, as well as preview upcoming 10-week movement and meditation class series.

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 (keyword: free wellness).

Medicinal Foods from Around the Globe

Monday, May 2

6:30 p.m. – 8:00 p.m.

From curry to mole to goulash, every culture has a staple medicinal food preparation incorporating the flavors, herbs, and spices integral to that region's cuisine. Learn about the healthful properties of these foods and how you can incorporate them into your own diet.

Understanding Wellness

Tuesday, May 3

6:30 p.m. – 8:00 p.m.

In recent years, “wellness” has become the buzzword for a variety of health-related concepts, behaviors, and ways of being. Despite the word's widespread use, it lacks a clear definition. Join us as we present and discuss a unified framework for understanding wellness and how you can apply wellness principles and practices in your own life.

The Art of Being a Healing Presence

Wednesday, May 4

6:30 p.m. – 8:00 p.m.

Patients and clients often remark that they experience a unique and profound sense of peace and well-being when they are with their Tai Sophia practitioner or coach. Join us and learn two simple tools for inspiring others to heal and change by cultivating the art of being a healing presence.

Creating Herbal-Infused Oils

Thursday, May 5

6:30 p.m. – 8:00 p.m.

Learn how to make herbal-infused oils for massage, medicine, and salad dressings – and discover five herbs that make great infusions. Participants will learn techniques for infusing and how to press and store oils. Bring a clean, wide-mouth jar to take home a small (non-edible) sample.

(more)

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Page Two

Qi Gong: Dance of the Phoenix – Levels I & II

Monday, May 9
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.

How Does Acupuncture Address Pain?

Tuesday, May 10
6:30 p.m. – 8:00 p.m.

Chinese medicine defines pain as an energy imbalance in the body. Join us as we explain and discuss the effective use of acupuncture in treating chronic pain, such as headaches, menstrual cramps, and lower back, neck, or muscle pain, as well as pain associated with recent injuries or conditions.

Medical Longevity Qi Gong and Taoist Meditation

Wednesday, May 11
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, May 12
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** (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, Nutrition and Integrative Health, 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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