

## Bay Window

The fact that Twin Lakes College of the Healing Arts uses the initials TLC is no accident. The familiar acronym for "tender loving care" is not entirely inappropriate for this unique institution which views as a part of its mission the development of its students' whole potential. In the peaceful, coastal setting of the old Twin Lakes Baptist Church building, the college's students learn the philosophy and practice of holistic health in an environment of sharing and caring. A college brochure announces, "Just as lakes flow into one another, we can replenish each other by sharing joy."

Recently, at Spring graduation ceremonies for the college, a number of students publicly demonstrated the positive effects of the "holistic" training they had received at TLC. While training to be "health educators," they discovered that other facets of their abilities had also blossomed.

One woman who had studied dance many years before, but who had never performed publicly, found herself for the first time saying "Yes, I can," dazzling her fellow students with a courageous, flawless performance. While training as a health educator at Twin Lakes, she had acquired the confidence she needed to enrich other areas of her life.

Such an experience is not uncommon at Twin Lakes, where Public Relations Manager Ann Parker explains, "People talk about experiencing a transformation here. But it is really just an opening up, a development of talents and abilities that are already inherent in a person."

This weekend, TLC will celebrate the first anniversary of its present organization. A combination open house and anniversary party will allow visitors to meet teachers, to take in a massage or a few classes, and to experience the overall ambience of the college. The celebration will include a show of original art by Mary Gaynor, whose visionary spirit themes are in keeping with the philosophy of the college.

During the past year, Twin Lakes College has expanded its program to include a professional business package as an integral

PHOTO: ANN PARKER



# Twin Lakes College's Tender Loving Care

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part of the curriculum. Dispensing with some of its former esoteric subjects such as Iridology and Bach Flower Remedies, the new professional studies program focuses on practical ways to help students and alumni advance their careers in private practice, in corporate settings, in health clinics and in social services.

"Life is more survival-oriented this year," admits Parker, who explains that "removing the hippie and masage parlor image from the holistic health field has been a concern of the college."

Lending strongly to the credibility of TLC in Santa Cruz are its expanded community wellness services. During the past few months, the college has offered free workshops (tax-deductible donation optional) in massage and stress management, as well as free lectures in nutrition, physical fitness and other health-related topics.

Senior citizens have benefited directly

from the tender loving hands of graduates through the Senior Massage programs. Sponsored in part by the SC Department of Parks and Recreation and held at Loudon Nelson Community Center, the program offers basic relaxation, exercise, deep breathing, visualization and massage for senior citizens in a safe, modest environment.

But you don't have to be a senior citizen to enjoy a massage from one of Twin Lakes' competent interns. Saturday massage clinics provide an opportunity for anyone to sign up for a bit of heaven for a sliding scale contribution of \$5-\$20. Advance reservations are required.

And this Summer, the college is offering a new evening program for students who wish to take individual classes. For example, it is now possible to take a single massage class instead of signing up for the entire certified program — good news for us proletariats who, after a long day's work, would

like to be able to give and take a little TLC.

With a heavy focus on community involvement, Twin Lakes College is both a service organization and an educational institution. "We are a vocational school pioneering a new form of education," says Diane Byrd, Director of the college. In an environment combining eastern and western healing arts, Twin Lakes instructors stress the intuitive side of healing in addition to teaching mainstream subjects such as functional anatomy. The intuitive approach is evidenced in course titles advertised in college literature: "The Healing Dream," "Intuition and Creative Mind" and "Shamanism: The Dance of the Deer."

The college's unique and sophisticated subject matter rival the offerings of Esalen, the prestigious human potential center in Big Sur which attracts world-renowned visionaries to its pristine setting. In fact, instructors from Esalen are now on the faculty at TLC, teaching that institution's famous brand of massage.

Esoteric or not, Director Byrd affirms that the subjects taught and studied at TLC are transferable to all other areas of life. Byrd explains that "While students learn about taking responsibility for their own bodies, they can apply the same principles to taking charge of other areas of their lives." The concept of personal fitness, for example, would apply to all aspects of life — not just the physical ones.

Though still a small college, TLC is well-known and highly respected in the holistic health field. Its 130 students have come from all walks of life and from around the world to pursue the principles of natural health, growth and potential. And although it is a private college, its low tuition rates, combined with a short training period (one year) offer a fast, inexpensive educational alternative.

From nuns to nurses, from 18 to 60 years of age, Twin Lakes College students have something in common: a desire to develop the "whole" person, as a physical, mental, emotional, social and spiritual being. □

*Twin Lakes' one-year anniversary party and open house will be held on Sunday from 1-6 pm at 200 Seventh Avenue. The public is invited.*

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