

# ART 105



**Behind Closed Doors: The Hidden History of Art105**



**Time to Be Held: A Healing Arts Residency for Lynda McCloskey**

# ART NEWS



**Behind Closed Doors:** 

*The Hidden History of Art105*

Within the world of the visual and performative arts an audience member and art viewer are often not privy to what happens behind closed doors. The inner workings of a creative space takes many moons of soul searching to find its direction and even then it is a constant improv between expansive visionary work and real-world demands. *(continued on pg. 2)*

## Behind Closed Doors: The Hidden History of Art105

Art105 began as a raw space, soon to be accessible to the public, with endless potential. Doug Hammett, gallery director, thought it was a perfect opportunity to present both visual and theatrical arts to the public. This took a year to design and install a lighting grid that could light both art on the walls and performers on stage.

During the middle of winter and a heavy rain downfall a ceiling at the Hammett home produced a leak that dripped on a synthesizer keyboard. With no alternative place to set up the music equipment it landed in the gallery. Along with it came an electronic drum set and guitars.

It has become the birthplace of a music group called Convertible Play House who's signature sound is comprised of loop stations and digital effects to create improved polyrhythmic ambient soundscapes, to be performed with writers, visual artists and performance artists.



Creative spaces have a life of their own. Like a child in their early stages of life, Art105 has dodged projected goals to find its own groove and appropriate expressions. Music was Doug Hammett's first creative love in early childhood and little did the gallery know that it was going to demand a place in the pantheon of Art105.

Little did Art105 know this would be the new direction of the creative space, expanding its repertoire to include several stations of analogue and acoustic equipment. It has become an open play space for anyone who stopped by the gallery. With the luck of the draw, the space is relatively soundproofed so anyone could be as loud as they wished while experimenting with sound.



## Time to Be Held:

### A Healing Arts Residency for Lynda McCloskey



During the Spring of 2019, Lynda McCloskey has been given the opportunity to be an artist in residence at Art105 based in Pasadena.

help others connect to their core and find direction in life, through developing a 360 awareness.

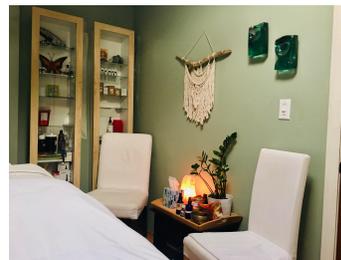
The two months spent in Pasadena has an intention of bringing Lynda's separate modalities together and bring them to the new level in practice as well as opening the channels for new relationships with her expanding client base.

The definition of "The Arts" has expanded to include the practice of the Healing Arts. Art105 subsequently is influenced by its profound transformative energy. Through the act of holding space for another's development, one can't help but be transformed simultaneously.

Lynda had recently come back from living abroad in Bali and is giving time to integrate her multilevel healing practice that includes Massage, Cranial Sacral, NeuroAffective Touch, Thai Chi, Reiki, Inner-Child Work, Guided Meditation, Ecstatic Dance, and Spiritual Life Coaching. It took a bit to reintegrate with the fast pace of Los Angeles, so the time at Art105 became a necessary quiet zone for the next phase of Lynda's work.

Lynda's signature work is deeply integrated with how she moves through life. Body, Mind, and Soul are constantly in a dynamic dance. Finding a center point is essential in this dance, otherwise known as the midline. A balance between movement and stillness fluctuates with each breath. Lynda has found a way to

"It is quite the gift for a practitioner in the Healing Arts to pause for a moment in life and give back to oneself the many gifts that they have been trained in and have developed over a lifetime" Lynda shared. "It is an extra special gift to allow oneself to be held by oneself and by those around you."



*Lynda's healing space in Mar Vista, CA.*

*For more information visit [LyndaMcCloskey.com](http://LyndaMcCloskey.com)*

This is a time in Lynda's life where she needed to "drop down into a deeper level while knowing that there was a container that could hold her safely." Art105 had the honor of providing this container for Lynda and in the process is also held in its early development of finding a creative path.



**ART105** is a center for hosting and presenting art, music, films, theater, performances, spoken word symposiums, educational lectures and workshops.