



**MEET THE TBP
SPRING/SUMMER
2021 COHORT**



TBP SPRING/SUMMER 2021 COHORT



Stacy Sims (she/her)
Founder and Facilitator

**"I HUNGER FOR SPACE
OF MY OWN MAKING,
EXPANSION ON THE
BUSIEST DAYS,
LAUGHTER IN THE
MIDST OF DIFFICULTY,
MOVEMENT WHEN I
WANT TO BE STILL
AND STILLNESS WHEN I
WANT TO MOVE. I
HUNGER TO FIND
BEAUTY IN ALL THINGS,
ESPECIALLY YOU"**



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Rowe Schnure (they/them)
Communications Coordinator

**"I HUNGER FOR
LAUGHTER AND JOY
ALONGSIDE DEEP
CONTEMPLATIVE WORK.
I HUNGER FOR SYSTEMS
THAT MOVE BEYOND
BINARIES AND ALLOW
FOR EXPANSIVE
CURIOSITY. "**



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Kara Pierson (she/her)
Wellspring Fellow


"I HUNGER FOR JOY,
CONNECTION, AND
PLAYFULNESS. I HUNGER
FOR THE FEELING OF
FREEDOM, SAFETY, AND
EASE IN MY BODY AND
FOR ALL BEINGS TO
FEEL FREE, SAFE, AND AT
EASE IN THEIR BODIES,
TOO."



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Francoise Kazimierczuk (she/her)
Co-Host



"I HUNGER FOR RADICAL EMPATHY, WHICH TRANSCENDS OUR DIFFERENCES CULTIVATING OUR SENSE OF COMMUNITY. I WANT TO FEEL FULLY CONNECTED TO MYSELF AND OTHERS THROUGH ACCEPTING AND LOVING ALL OF ME, OFFERING MYSELF GENUINE COMPASSION, AND EXTENDING THESE SENTIMENTS INTO THE WORLD. I HUNGER TO HEAL GENERATIONAL TRAUMA THROUGH MY PERSONAL JOURNEY AND DISCOVERIES AND TO CREATE A SPACE OF MUTUAL RESPECT, LOVE, JUSTICE, AND EQUITABLE ACTION."



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Ramsey Rosenberg (they/them)
Co-Host

"I HUNGER FOR BELONGING. I WANT TO BE A PROPER FIT; A PIECE THAT MAKES THE MACHINE DO GOOD WORK. PART OF A SUSTAINABLE ECOSYSTEM, TO FULFILL AND BE FULFILLED-CONTENTED, YET ALWAYS HUNGRY FOR A LITTLE MORE."



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Mary Curran Hackett (she/her)

"I HUNGER FOR FREEDOM. I WANT TO FEEL ALIVE AND FREE IN BOTH MY BODY AND MIND. I WANT TO SEE THE WORLD CLEARLY AS IT IS, MY PLACE IN IT, AND HOW I CAN HELP OTHERS WHILE HELPING AND HEALING MYSELF."



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Meredith Allgood (she/her)

"I HUNGER FOR PEACE, I HAVE ALWAYS FELT DRAWN TOWARDS WHAT TOTHER THINK, I END UP TRYING TO BE BETTER, QUESTIONING MYSELF, MAKING MYSELF SMALLER. I WANT TO STOP THE STRUGGLE AND BE ABLE TO ACCEPT MYSELF WITHOUT THE NEED TO "CHANGE" OR "FIX." I WANT TO FEEL THAT I AM GOOD ENOUGH WITHOUT HEARING IT FROM SOMEONE ELSE. I WANT TO STOP SEEKING VALIDATION THAT I WILL INEVITABLY REJECT ANYWAY. I HUNGER FOR PEACE WITH MY BODY, WITH MY PERSONALITY, WITH OTHERS, WITH MY ENVIRONMENT."



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Zofia Smeja (she/her)

"I HUNGER FOR A
DEEPER
UNDERSTANDING,
TRUST, AND
FOUNDATION OF
COMPASSION IN MY
OWN BODY. I WANT TO
CULTIVATE SKILLS,
COMMITMENT, AND
COMMUNITY THAT
NOURISH MEANINGFUL
CONNECTIONS AND
SHAPE POSITIVE
CHANGE."



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Kaia Jackson (they/them)

“I HUNGER FOR COMMUNITIES THAT HOLD SPACE FOR ALL THAT IS UNSPOKEN, AND YET BREATHES ITSELF INTO VIEW. I HUNGER FOR MY OWN CONNECTION WITH SPIRIT AS IT GUIDES ME WITH HINTS IN STARS AND SAND. I HUNGER FOR THE WILDNESS THAT CALLS ME TO BE DIFFERENT, AND YET UNIMAGINABLY MYSELF.”



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Nancy Paraskevopoulos
(she/her)

"I HUNGER FOR MY INSIDE TO BE EXPANSIVE AS WIND THROUGH THE FOREST ON A WARM SPRING DAY, STEADY AS THE SPOTS OF SUN THROUGH THE DAPPLES, SURE AS THE BRANCHES THAT MAKE THE SHADOWS, SOFT AS THE DARK ON THE FOREST FLOOR. I HUNGER FOR PRESENCE IN MY BODY. I WANT IT TO GLOW, ALWAYS. TO BE UNSEEN AND SEEN. TO BE SOLID AND POROUS AS A STONE. I HUNGER FOR THE END OF MY HUNGER AND FOR THE END OF THAT HUNGER, TOO. AND THAT ONE."



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Jodi Martin (she/her)

**"I HUNGER FOR THE
RELEASE OF
TENSION IN MY
BODY AND A SENSE
OF CALM."**



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Lily Raphael (she/her)

"I HUNGER FOR ABUNDANCE. TO FEEL THE EARTH HEAL BECAUSE WE ARE ALSO HEALING. I HUNGER FOR WILDNESS, MY OWN, AND THE WORLD. I HUNGER FOR SPACE TO CELEBRATE AND HONOR ALL OF MY MULTITUDES. I HUNGER FOR CLARITY, TO SEE MY TOES AGAINST THE OCEAN FLOOR."



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Annie Kalahurka (she/her)

"I HUNGER FOR DRIVE, DETERMINATION, CONFIDENCE, GROUNDING, RESOUNDING CREATIVITY THAT DOESN'T DRY UP. I HUNGER FOR AUTHENTIC PEOPLE TO CONNECT WITH; A COMMUNITY THAT REALLY GETS ME; A SUPPORT SYSTEM. I HUNGER FOR A HEALTHY WORK LIFE; A STEADY FLOW OF MONEY; A TRUST IN THE FLOW OF WORK; A DISCIPLINED, SUSTAINABLE WORK PRACTICE; A HIGH FUNCTIONING HOME OFFICE; A VALUED PLACE IN SOCIETY."



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Amy Turner (she/they)


**"I HUNGER FOR A
DEEPER CONNECTION
BETWEEN MYSELF AND
MY BODY, AS WELL
AS THE ABILITY TO
MANAGE STRESS AND
VICARIOUS TRAUMA."**



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Audrey Jerabek
(she/her/they/them)



"I HUNGER FOR MY BODY.
TO EXPRESS LOVE
WITHOUT SLIPPING AWAY.
TO TOUCH, AND TO BE
TOUCHED.
I HUNGER FOR CONNECTION.
TO REMEMBER WITHOUT
FADING. TO ALLOW
MYSELF TO FEEL.
I HUNGER FOR THE FEELING
OF THE GROUND
UNDERNEATH MY FEET;
TO BE GROUNDED.
I HUNGER TO BE HERE,
NOW."



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Alexia Zigoris (she/her)

"I HUNGER FOR MORE OF ME! I WANT TO NURTURE AND GROW PARTS OF ME THAT WANT TO HIDE BUT NEED TO BE SET FREE. I HUNGER FOR MORE UNDERSTANDING OF HOW I AM CONNECTED TO MYSELF, BODY, MIND, AND SPIRIT, AND HOW WE ARE CONNECTED TO EACH OTHER. I NEED THIS TO BE A STEADY STREAM IN MY LIFE, NOT A FLEETING MOMENT."



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Ann Gilligan (she/her)

"I HUNGER FOR EXPANSION. I WISH TO BREATHE MORE FREELY AS I USE MY VOICE TO FULLY CONNECT. I WANT TO BREATHE IN AND BREATHE OUT, DEVELOPING A RHYTHM AS I LISTEN, PAUSE, AND ENGAGE."



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Keira Loukes (she/her)

"I HUNGER FOR A DEEPER, MORE INTIMATE RELATIONSHIP WITH MY BODY; TO UNDERSTAND HER LANGUAGE SO I CAN HEAR HER WHISPER - I WANT TO KNOW HOW TO TELL AND TRUST WHEN SHE FEELS PLEASURE WHEN SHE FEELS PAIN, WHEN SHE IS SCARED, WHEN SHE FEELS UNSAFE, AND WHEN SHE FEELS JOY - I HUNGER FOR THE COURAGE TO ACT ON WHAT SHE TELLS ME. I WANT THIS KNOWLEDGE TO TRUMP MY WANTING MIND AND TO INTERRUPT SPIRALING, UNHELPFUL THOUGHTS. I WANT TO UNLEARN THIS SEPARATION BETWEEN MY MIND AND BODY. I HOPE THAT WITH THIS KNOWLEDGE I WILL LEARN HOW TO RESPOND TO MYSELF AND OTHERS IN MY LIFE WITH CONSISTENT COMPASSION, GROUNDED CALMNESS, AND CLEAR, LOVING BOUNDARIES."



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Jane Fisher (she/her)

**"I HUNGER FOR NEW
PERSPECTIVES."**



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Kate Tepe (she/her)

"I HUNGER FOR COURAGEOUS AND NURTURING STILLNESS, SO THAT I MAY HOLD SPACE FOR JOYFUL CURIOSITY AND EXPRESSION THAT BUILDS COLLECTIVE WISDOM, AND MY OWN. SO I LEARN HOW TO BUILD SAFE SPACES FOR INTIMACY, TO RECKON WITH THE PAIN THAT IS INEVITABLE WITH LIFE AND LOVE, AND SO THAT I MAY REGENERATE AND WALK WITH LIGHT AND LIVE WITH INTENTION."



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Maryann Zigoris (she/her)

"I HUNGER FOR GROWTH/EVOLUTION, KNOWLEDGE, ENTHUSIASM, AND FIERCE INDEPENDENCE. I HUNGER FOR FREEDOM FROM WHAT PEOPLE THINK OF ME SO I CAN LIVE MY "TRUTH". I HUNGER FOR RICH LEARNING EXPERIENCES SO I CAN SHARE THOSE EXPERIENCES WITH OTHERS. I YEARN FOR STRONGER MEDITATION PRACTICE AND ULTIMATELY HOW TO BE UNMOVED BY THINGS THAT WOULD NORMALLY TRIGGER ME."

