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from Linda Lack, Ph.D & Two Snake Studios

The Thinking Body-The Feeling Mind® Early FALL 2017 NEWSLETTER



THANK YOU!

THE THINKING BODY-THE FEELING MIND

We are still celebrating bringing TBFM® to the 2017 SiTAR Yoga Therapy conference in Newport Beach. We presented to a huge number of folks in more abbreviated classes than ever before. The individual feedback, input and results were profoundly moving and even surprising to me. We have wonderful footage of the event and beautiful voiceover testimonials about the technique and the teaching from: Charles Axelrod, Charlotte Munn, Maggie Roiphe and Sasha Stone. *THANK YOU!*

MOVING THROUGH 2017 - STILL OPPORTUNITIES TO JOIN US



Next we are traveling to Portland to the Movement Center to present with more time, depth and interactive conversation. Please join us. Know that space is limited and filling fast. **Teacher training credit hours are available.** Contact Gretchen Kreiger at talktogk@gmail.com

Portland Intensive - Fall Edition

2-½ day TBFM® Weekend Intensive: September 8-11

The Movement Center at Swami Chetanananda's Ashram is again inviting the Meditation Community, the Dance

TBFM® RESOURCES:

[Make Your Retreat Reservations Now](#)

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



Community and the Yoga Community together to join us!
Useful and adaptable to all levels of movement experience.

IDYLLWILD "10" TBFM® RETREAT NOV 3-6



This year marks our **10th anniversary** in Idyllwild, CA! Our yearly gathering in Idyllwild is **November 3-6**. This is the most intimate gathering of the year. We bond with self, TBFM®, each other and the forest through classes and fireside chats. The retreat is for working on body issues, deepening TBFM® technique and training. Beginning practitioners through seasoned teachers. *Certification hours available. Join us!*

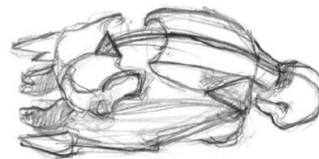
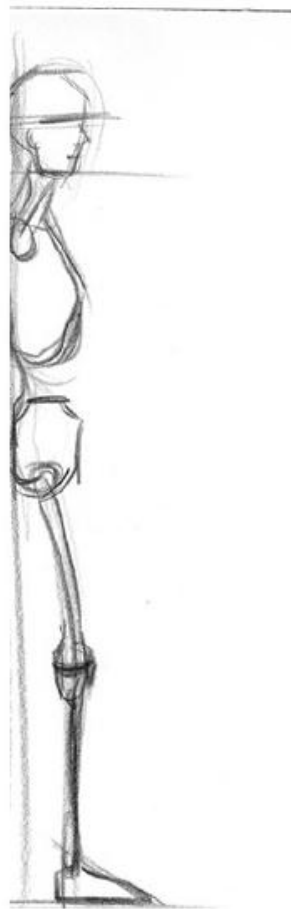
*Sign up now to receive savings for early enrollment.
Save \$75 by registering before Sept, 18, 2017.*

A \$300 deposit (non-refundable) must be received by Oct. 2nd, 2017 to reserve your spot. Call our office at 323-932-1429 to register by credit card, or go online, [download the brochure](#), fill it out and send in with your check to reserve your spot. Or email to: lindalack@lindalack.com

Yoga Therapy RXIII was MAGNIFICENT!



For more information on upcoming events contact us by email lindalack@lindalack.com or phone (310) 273-4797 OR Gretchen Kreiger by email: talktogk@gmail.com.



***We are deeply grateful that the
STUDIO IS OPEN
during reconstruction.***

A car and driver slammed into the front/side wall of the studio and ran off, leaving decimated walls, doors and plate glass windows. We are so glad that no one was injured and for the support, work, and heroism of Diane Raymen, Moises Ayala, John Sousa, Rigo Ayala, Hagit Worona and the care and understanding of EVERYONE in the TBFM® community and on the 1600 block of LaCienega. **AND... THANK YOU to everybody who has been so loving, accommodating and supportive during this very difficult time.**

***What can you do to help?
PLEASE KEEP COMING TO CLASS***

----- WE CELEBRATE OUR STUDENTS! -----

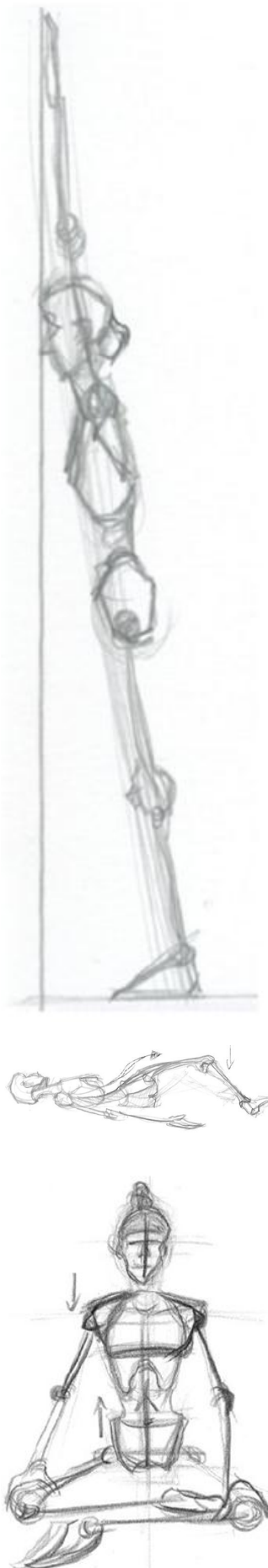
Mitra was born to **Tara Samiy and Jacob Art**. We welcome her into the world and to the TBFM® family.

Charlotte Munn has completed her 300 hour TBFM® teacher training -- and is going forth with training and teaching at the studio. Yea! Hurray!



This is **Liam Naughton** doing a headstand on his surfboard. His first headstand EVER. His teacher/mom **Fumi Naughton** taught him how to render a beautiful headstand in only two days. Although she gives homage to Linda's way of teaching safe/effective headstands and other inversions, we believe that Fumi is one of the most magnificent teachers and practitioners of TBFM®. Proof is in the pictures above. *We are honored to have TBFM® "in body" for both Fumi and Liam.*

Do join us at the studio or beyond to take care of yourselves and those you care about and know how much we value your on-going relationship with TBFM®.



**Please Click on our [Facebook Page](#)
and "Like Us!" TODAY!**

We are asking everyone to "Friend" us on Facebook,
and if you would "Like Us", we would be so pleased.
"Love" us too, if you are so inclined.

AND Please Click Here to "YELP" us TOO!



LINDA LACK, Ph.D. has dedicated her life and work to the study of the human body, movement, breath and their relationship to creativity, healing and spirituality. She is a movement therapist/specialist, educator, lecturer and Arts Based Researcher. Lack has been the primary soloist and choreographer of the mask dance rituals she has created, both onstage and in the wilderness. She

has traveled the world to study ancient and contemporary movement techniques and rituals.

Lack has introduced TBFM® to diverse communities, such as The Congress on Research for Dance, International Association of Yoga Therapists, and the Fundacion Santa Fe de Bogota, one of the most prestigious health organizations in Latin America, at Colombia's University Hospital, Center for Studies and Research in Health, as well as The Movement Center at Swami Chetanananda Ashram in Portland, Oregon.

Linda talks about TBFM®:

This technique uses yoga, ancient and modern dance, and meditation to help people deal with stress, dis-ease, physical/emotional and spiritual self-development. The teaching promotes optimum human performance, possibility and well-being.

TBFM® embraces all cultures, generations, body types and shapes. It is inclusive of everyone from the disabled to professional dancers, actors and athletes. Students have been accepted into Alvin Ailey II, Cirque du Soleil, Juilliard and Cal Arts. Lack also trains and certifies Yoga Teachers and Movement/Yoga Therapists. She is on faculty with Yoga Therapy RX programs at Loyola Marymount University. The technique is practiced and taught at her studio in Los Angeles and throughout the United States as well as parts of Latin America, Europe, and the Middle East.

Thank you for the 40+ years and for the support of both myself and TBFM®. Together we have created some poignant history and memories. Know how much each of you is cherished and how important each of you has been (old/new students, clients, staff) in shaping TBFM®. It is like a multi-faceted gem that each of you has participated in refining, defining, & shining through 40+ years!

ACKNOWLEDGEMENTS:

We thank these folks and know that the day-to-day functioning of TBFM® could/would not be so without their good work: Kary Bartmasser, Peter Rashkin, Hagit Worona, Diane Raymen, Claire Wynters, Loren Rubin, Karin Hoffman, Maggie Roiphe, Moises Ayala, Rigo Ayala, Charlotte Munn, & Lily.

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