



from Linda Lack, Ph.D & Two Snake Studios

# The Thinking Body-The Feeling Mind®

## WINTER 2017 NEWSLETTER



### ANNUAL GIFT TO OUR STUDENTS

**Please Join us!** If you have studied with us you are invited to celebrate TBFM®. **Take a gift class Saturday December 16 from 10:00am – 12:00pm** with food & refreshments afterwards. Space is limited. Please sign up at the Studio or by phone at 323-932-1429 or email us at [linalack@linalack.com](mailto:linalack@linalack.com)



*May the year ahead be kinder, less difficult, and with joy!*

### 2017: WHERE WE'VE BEEN...

The **10th Anniversary of Idyllwild** Intensive was exquisite... the wonderful work on behalf of the care of self and each other as community; the beautiful mountain; and always the nurtarent food. Idyllwild is the most intimate gathering of TBFM® per year. The human goodness lasts for months afterwards.

### TBFM® RESOURCES:

[Make Reservations for Idyllwild](#)

[Make Reservations for Portland](#)

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

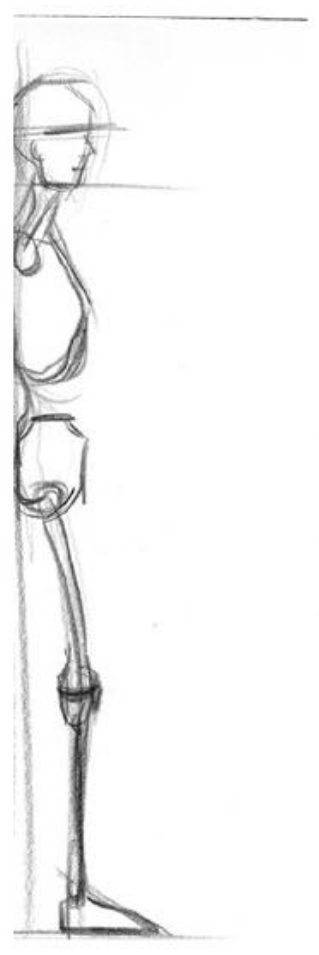
[Monthly Intensives](#)

[Private Sessions](#)





**Fall in Portland** at the Movement Center was “Magical”, in that it created relief and resolution of physical/emotional/spiritual difficulties for so many. Dr Lack has been gifted 3 wands to help with more magic for Spring!



## ...and WHERE WE'RE HEADED in 2018

### **PORTLAND at the Movement Center -- Spring 2018**

**April 13-15**

Please contact Gretchen Kreiger at: [gkreiger@me.com](mailto:gkreiger@me.com) and *sign up now as space is limited!* Private appointments available. Teacher Training credit hours available.

#### **LMU in July 2018**

**Level I -- July 1st**

Shoulder girdle. *Teacher Training credit hours available.*

**Level III -- July 21-22**

Shoulder girdle. *Teacher Training credit hours available.*

### **PORTLAND at the Movement Center -- Fall 2018**

**September 7-9**

Please contact Gretchen Kreiger at: [gkreiger@me.com](mailto:gkreiger@me.com) and **sign up now as space is limited!** Private appointments available. *Teacher Training credit hours available.*

## IDYLLWILD Retreat 2018

November 2-5



**The Studio will be CLOSED from  
Fri, December 22 -- Mon, January 1, 2018  
Classes resume Tuesday, January 2, 2018**

**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 Souza, Rigo Ayala, Hagit Worona, Kaitlyn Malone, and the understanding and care 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 --  
We are still trying to deal with getting the reconstruction  
underway.*

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

## **WE CELEBRATE YOU!**

**Charlotte Munn** has completed 500 yoga hours certification and is working on 1000 hours TBFM® certification.

**Kristen Edmond** has completed 200 hours towards certification.

[Click here](#) for the *In Memoriam Video Tribute*  
to Christopher Downey Bandasch

## **ABOUT TBFM®**

**Jenna Gleason** is pregnant and she is using TBFM® for a healthy pregnancy and delivery. We support Jenna and Karen Gleason in this



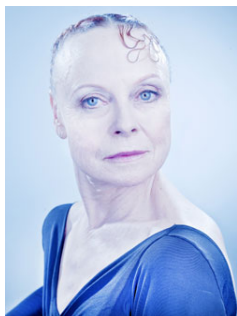
new chapter!

**Natasha Sagalovsky**, after surviving a life threatening accident, reconstruction and recovery, walked into the studio, got down on the floor and did an entire Monday night class!

*"It's an amazing program. You can become your own therapy. It starts making you have a dialogue with the body. Other techniques just don't do that- make, shape, create a constant flow of energy with it! It's a wonderful, wonderful dance with caring and love. You are invitational open and loving. Meeting you is a learning process in itself. You are humble, positive and you don't put yourself high".* **-Jenny Park**

*"I didn't realize how broken I was feeling because of several minor health issues. But when I went to the mat and you began our conscious rest, my spirit, mind and body instantly responded to your voice and instruction and I felt whole. At that moment I realized I had been feeling "broken" and was using a great deal of energy to ignore the feeling. Thank you. Every moment here has been a blessing. I feel whole, complete and really tired, but also soaring."* **-Diane Campo**

**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®.**



**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.

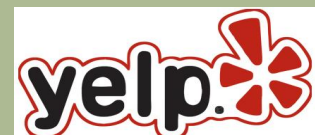
**Linda talks about TBFM®:**

This technique uses yoga, ancient and modern dance, and meditation to help people deal with stress, dis-ease, physical/emotional and spiritual self-development.



**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!**

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, Julliard 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, Kaitlyn Malone, Diane Raymen, Claire Wynters, Loren Rubin, Karin Hoffman, Maggie Roiphe, Moises Ayala, Rigo Ayala, Charlotte Munn, & Lily.

---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

Linda Lack - Two Snake Studios  
1637 S. La Cienega Blvd  
Los Angeles, CA 90035  
US

[Read](#) the VerticalResponse marketing policy.

**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>