



from Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

SUMMER 2018 NEWSLETTER



PUERTO RICO - June 20-26



Saddened by the morally irresponsible treatment of a community suffering from natural disaster, I agreed to do a workshop that was a mutually incredible learning experience for all of us. I found a vibrant, movement conscious, authentic, non-commercial community. It was transformed by the TBFM® experience, it's principles, concept, and body movement/exercises. Our thanks to Yakeen Héctor Carrión, Annette Tomey, and Dr Nelhs Betancourt

for making the event possible. *I/we want to do more...*



LMU Levels I and III Shoulder Girdle Seminars

TBFM® RESOURCES:

[Make Reservations for Idyllwild](#)

[Make Reservations for Portland](#)

Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)





LMU Level I & 3 - July 2018

There were more participants and simultaneously the experiences were more gratifying than in the past. The participants were deeply moved by the TBFM® demonstration presented by Maggie Rophie, Kristen & Carolyn Edmond, Trinity Capili, and Linda Lack. Thanks goes out to Charlotte Munn and Georgia Beller for demonstrating TBFM® exercises to folks who had never seen the technique.



THANK YOU.

The evaluations were superlative but even more meaningful was what one participant, Huma Gruaz, shared:

TBFM®...

...created an intimate relationship with your own bodies. The relationship was on multiple planes: physical, emotional and spiritual.

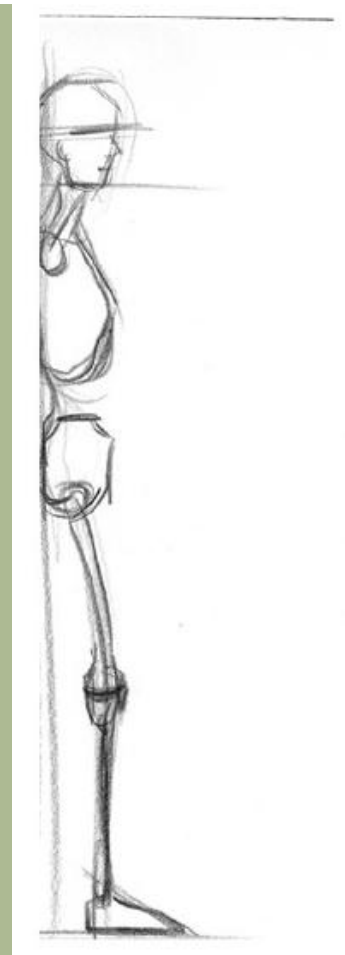
...created an intimate relationship with each other. This was visible not only through the authenticity of the synchronicity between each other but also the energy that was created in the room through the performance.

...an intimate relationship with the space around you. With each movement, you were fortifying the connection between your bodies and the space.

Linda Lack added that TBFM® also provides an intimate relationship with the ground/earth underneath us.

And from Alexis Estwick:

“You are one of the few persons with who I come in contact that is erudite and engaging. Your eloquent use of regular language informs my intuition and stimulates my thoughts. Thank you”.



NEXT 2018 Opportunities with TBFM®

Teacher Training credit hours available.

PORTLAND at the Movement Center: TBFM® Technique & Clinics - HANDS & FEET

September 7-9

Visit the [Portland Movement Center website](#)
for more information and to register.

SAVE THE DATE!

11th ANNUAL IDYLLWILD Retreat on the Mountain

November 2-5, 2018

Registration form is now [ONLINE \(click here\)](#). For more information or
to Register contact Hagit and Kaitlyn at our office
at 323-932-1429 or email: lindalack@lindalack.com



STUDIO REBUILD Prompts a GIFT: BEAUTIFUL GUERRILLA ART



At the arrival of this newsletter we will, after one year, have the Studio rebuilt and a front door, new waiting room, new plant enclosure and dressing rooms. Without the creative energy and help of Steve Diskin, Eric Schowengerdt, Louis Marcy, Tom Henly, John and his crew, Moses, Rigo, Ugenio, Diane Raymen, and Hagit & Kaitlyn, I could not have grappled with the Los Angeles city bureaucracy and weathered the rebuild. Just in time for the “opening” we were gifted activism on our board up for the

pending window facing La Cienega.

This is my email to Brennen Inksap:

“Hello! I am Linda Lack Ph.D. and the person who Molly Hagan referred to in her email re: The Artivism/Guerrilla Art you so appropriately and kindly bestowed on my community and building.



Trying to do what I have in mind as a Patron of the Arts and as a thank you for your really beautiful work... both the work itself and the where and how you choose to "frame it". Your gift is auspicious destiny. When I opened my studio in the early 80s I was gifted two really large portraits also on plywood from The Highland Park Chicano Six including Gilbert Lujan, Carlos Almaraz, Frank Romero and Beto de la Rocha. We were all struggling Artworld friends. Last year my building was decimated by a drunk driver. A whole wall collapsed. It's a year later and we are just about to open again. I was not sure that I could/would make it through the obstructionist tactics of the City of Los Angeles. However, the morning I saw your art I knew that all was going to be well. Again I am so honored."

I am both an Artist and a patron of the Arts. I decided to preserve the Guerrilla Mural, contact the artist (thanks to Molly Hagan) and "buy" the art. The artist, Brennen Inksap, and myself created an event/experience the likes of which neither of us have ever had before. His is a young life. I am heartened by the goodness of the young people I come across. He is a 2nd generation Vietnamese immigrant. He said this particular piece was about power and change. I add Hope to what was gifted.

TBFM® PEOPLE / EVENTS

The youngest/newest members of our community who visited/moved with us at the studio:

Mitra 1-1/2 yrs old, daughter of **Tara Samy** and **Jacob Art & Kayra**, almost 4, daughter of **Bilge** and **Turel Gur**



The oldest member of our community is **Betty Cohen**, 98 years old who visits the studio weekly.

In some families there are now 4 generations of TBFM®. I am deeply honored.

Amara was born in May to **Jenna Gleason** and **Karen** is her grandma.



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.*



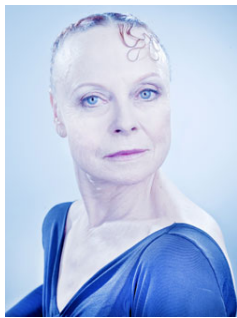
AND Please Click Here to "YELP" us TOO!

Juanita Phillips, 83, says *"I know I cannot miss my classes. I always feel better after"*.

**Thank you all for what we have learned
together and for helping to shape
The Thinking Body-The Feeling Mind®.**

PRIVATE CLASSES - IMPORTANT NOTE!

We have increased the price for shared private sessions to \$150 for each person. 48-hour cancellation notice is required for all appointments.



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, 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, Steve Diskin, & Lily Lara.

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