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from Linda Lack, Ph.D

The Thinking Body-The Feeling Mind® SPRING 2019 NEWSLETTER - UPDATE.



ATTENTION!

CORRECTED DATES FOR THE SPRING PORTLAND WORKSHOP

The dates for the Spring Portland Workshop in 2019 are **April 12th & 13th**. We are apologetic for any problems that this may have created.

-Linda Lack Ph.D. and staff

2019 TBFM® Spring Gathering at the Movement Center in Portland: April 12th & 13th

Space is limited so please sign up for the workshop soon.

You can sign up directly at:

<https://www.themovementcenter.com/study-with-linda-lack>



Click on "Schedule" and go to "Workshops, Courses & Events". If you encounter any difficulties with the online registration, please call Ruth at 503-231-0383, ext. 2201. We are working to accommodate all requests for private sessions. For private appointments and for any other questions please contact Gretchen Kreiger directly.

(Photo courtesy of Chelsea Tillis)

Upcoming 2019 Opportunities with TBFM® Teacher Training credit hours available

PORTLAND at the Movement Center:
The Thinking Body–The Feeling Mind® Workshop
April 6 - 8

TBFM® RESOURCES:

[Make Reservations for End of Year GIFT](#)

[Make Reservations for Portland](#)

[Make Reservations for Idyllwild](#)

Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)





Loyola Marymount University:
SHOULDER GIRDLE
 Level I - June 30
(All are welcome but sign up is needed)
 Level III - July 20 - 21

PORTLAND at the Movement Center:
The Thinking Body–The Feeling Mind®
 Workshop
 September 6 - 9

11th ANNUAL IDYLLWILD Retreat on the Mountain 2019
 November 1 - 4



(Photos courtesy of Kaitlyn Malone)

For more information or to Register contact Hagit and Kaitlyn at our office at 323-932-1429 or email: lindalack@lindalack.com

Get Ready!

Remote Movement Therapy Sessions and Mentoring For Those Clients Who Need Help From Afar

There are now teachers, practitioners of Movement Therapy and Yoga Therapists who hail from Canada, New York, Texas, Israel, etc. and are studying TBFM®. Sooo by request we are working on and close to offering private sessions ONLINE.... Soon! *And thanks to Joan Borden who inspired and supported this. She hails from New York City!*

Changes: New Class Times for 2019

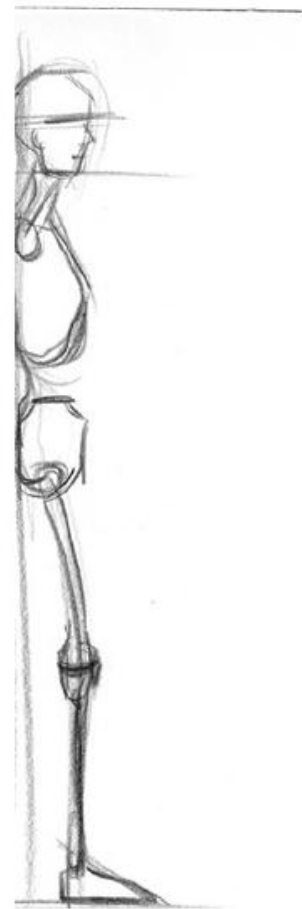


Monday and Thursday Evening is now at 7:00pm-8:30pm.

New Saturday morning class 9:30-11:00am

(first three weekends of the month) taught by certified TBFM teachers. The 4th Saturday will be the regular Weekend Intensive with Linda Lack Ph.D.

Parking is available ON La Cienega front of studio.



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.

INKSAP and Linda Lack "Project US"



We have been onto the streets of Los Angeles and into the desert. Rain floods and cold have not deterred The Art. We have been offered an entire wall in the Arts District and we are being considered as Artists in Residence on an award winning westside building. The wall spans the entire front of the building. And we are hopeful that a Los Angeles Times article about the "Project Us" is pending. And thanks to Stuart Paul the story is in the process of being told/ documented on film. Deeply felt thanks to those who have already purchased images and those who continue to purchase images of the Street Art. We are currently making final preparations to launch a fundraising campaign in order to cover the costs of finishing the documentary. We need your support to edit and produce this Documentary. In the meantime, if you would like to support our story, please consider purchasing one of our original artworks through INKSAP's website; <http://inksap.com> or the film's website; <http://inksap.com/us-2/> or; <http://www.hamstervalhalla.com/>

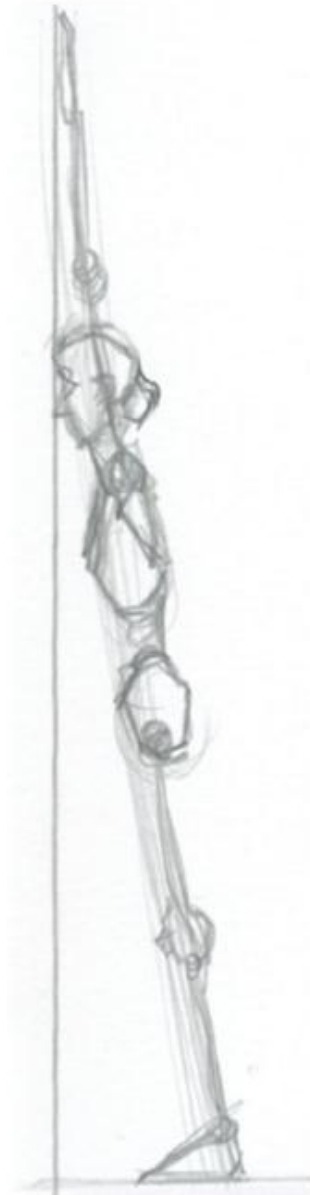
TBFM® People & Events

Harriet Zeitlin celebrated her 90th Birthday. There are now 4 generations of Zeitlins in the TBFM® community. Alma is the newest member of the extended family.



She and Betty Cohen, the most senior TBFM® practitioner visited the studio together. Alma loved it and Betty held a baby for the first time in her 98 year old life. Many moving and very human firsts at our studio..!

Les Bohem's new project, an audio novel called "Junk", has just been released as an Audible Original for March, read by Mr. John Waters. Mr. Waters describes the book as, "James M. Cain meets



an end-of-the-world, horror, Sci-Fi saga.”

Check it out here:

<https://www.audible.com/pd/Junk-Audiobook/B07D1B9SD5>

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



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!



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"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!

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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