

“The Thinking Body The Feeling Mind®”



Before & Beyond Yoga

Deepen and elevate your practice. Work on breath, alignment, balance & inversion postures. Add creative and challenging movement sequences to your practice. Add theoretical & conceptual information to resolve body injury issues and to enhance technique. **Receive credit hours toward certifications.**

Class begins with a basic movement and breathing warm-up, then moves

into an exploration of floor work, sitting and standing Asanas and moving sequences that include balances and inversions.



Buckhorn Camp

24641 Hwy 243,
Idyllwild, CA 92549-0398
(951) 659-2995

Buckhorn Ranch offers beautiful hiking trails, wonderful food, the ultimate movement facility and a respite from the city.

\$500 for Room & Board only.

\$500 includes 8 meals during the 3-day stay. A single occupancy room is an additional \$240.

(Sign up early as single occupancy rooms are limited. Priority for room preference will be given to those who register first)

Check-in time is 3:00PM on Friday, Nov. 1.
Check-out time is 1:00PM on Monday, Nov 4.

Schedule of Classes and Meals

Friday, Nov. 1:

Evening Class 6:30PM – 8:30PM

Saturday, Nov. 2:

Breakfast 8:00AM – 9:00AM
Morning Class 9:30AM – 11:00AM
Lunch 12 noon – 1:00PM
Afternoon Class 2:00PM – 3:30PM
Dinner 5:00PM – 6:00PM
Evening Class 7:00PM – 8:30PM

Sunday, Nov. 3:

Breakfast 8:00AM – 9:00AM
Morning Class 9:30AM – 11:00AM
Lunch 12 noon – 1:00PM
Afternoon Class 2:00PM – 3:30PM
Dinner 5:00PM – 6:00PM
Evening Class 7:00PM – 8:30PM

Monday, Nov. 4:

Breakfast 8:00AM – 9:00AM
Morning Class 9:30AM – 11:00AM
Lunch 12 noon – 1:00PM
Afternoon Class 1:30PM – 3:00PM

Fee For The Schedule:

\$600

Limited Private Appointments

\$250

You will need to bring your own yoga mat and warm comfortable clothing.

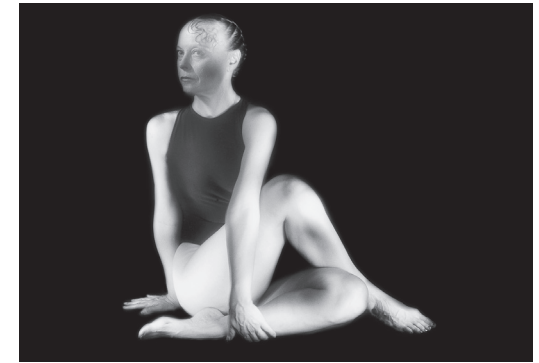
Hiking shoes are good.

Bedding can be provided by Buckhorn for an additional \$25.

Or you may bring your own bedding or sleeping bag for your stay at the camp.

A \$300 non-refundable deposit to be paid no later than October 1, 2019. Save \$75 by registering before Sept 18, 2019 Remaining balance due by October 15, 2019

(Discount rate will not be extended and there will be no refunds after October 1st. We reserve the right to cancel the event)



To reserve space for
“The Thinking Body—The Feeling Mind®”

Please call, email or visit us online:

Linda Lack, Ph.D.

310-273-4797

linalack@linalack.com

(Type **Idyllwild** in the subject line)

Also, please fill out the form below and mail along with your deposit of \$300

To pay by **credit card**, please call, (323) 932-1429

Linda Lack, Ph.D.

1637 S. La Cienega Blvd.
Los Angeles, CA 90035

Name: _____

Address: _____

Email: _____

Phone Number: _____

Three-Day Class, \$600

Three-Day Room & Board, \$500

Bed Linens, \$25

For Single Occupancy an additional \$240

For those wishing to attend classes but will arrange accommodations and meals off-site, there will be a \$60 usage fee (\$20 per day) in addition to the price of classes.

Please feel free to contact our staff with any additional questions or concerns.

“The Thinking Body—The Feeling Mind®”



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, the Middle East and Asia.”



Join Us for
Our 12th Annual

“The Thinking Body
The Feeling Mind®”

Immersion Experience
In the Pines of Idyllwild

“The Thinking Body—The Feeling Mind®” develops the basic human impulses of movement and breath that are profound pathways into healing, creativity and spirit. TBFM® has been recognized alongside Pilates, Feldenkrais, Bartenieff and Alexander Technique as a contemporary movement training/healing method. The technique has been featured in an *LA Yoga* article “Symposium on Yoga Therapy and Research” by Felicia M. Tomasko and in *Backstage Magazine’s* article “Performer, Heal Thyself” by Lisa Jo Sagolla.

LINDA LACK, Ph.D., widely respected educator, movement analyst/therapist, dance ritualist, body-based researcher, and international lecturer, has spent 50 years developing The Thinking Body—The Feeling Mind®.

Lack has been a presenter/lecturer/performer in wonderfully diverse communities: The Congress for Research in Dance, The International Association of Yoga Therapists, SUNY Purchase Dance Department, American Association of Dance Therapy, University Hospital and Research Center for Health, Bogota, Colombia, Symposium on Yoga Therapy and Research.

Lack trains and certifies Yoga/Movement Therapists, Professional Dancers and Actors, Yoga Teachers, and anyone wanting a better “ride” in body.

She has been funded and acknowledged by The Rockefeller Foundation, The National Endowment for the Arts, The California Arts Council, Samadha International Healing Awards, The Los Angeles Area Dance Alliance Awards for Innovative Choreography, and LACE award in the category of Spirituality for her significant contribution to spiritual growth and well being in the Los Angeles community.



Linda Lack, Ph.D. & Friends



Invite you to
immerse yourself in
movement, yoga therapy,
and pleasure based on
the principles of

“The Thinking Body
The Feeling Mind®”

Nov 1, 2019–Nov 4, 2019

at

**Buckhorn Ranch
Peace Center
Idyllwild, CA**

Newcomers, Beginners,
Advanced Practitioners &
Teachers of TBFM®
are welcome!