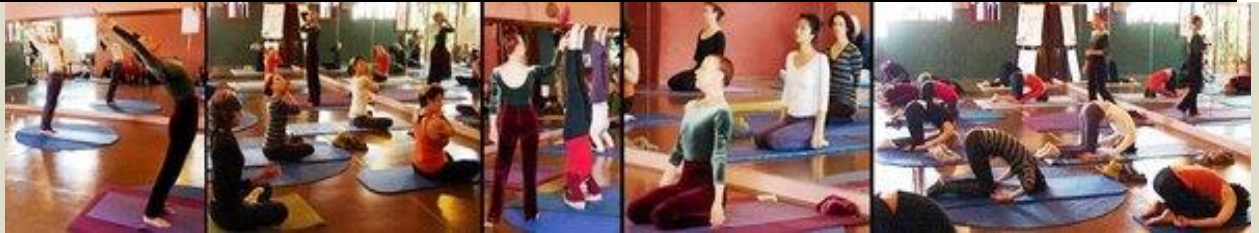




from Linda Lack, Ph.D

# The Thinking Body-The Feeling Mind®

## WINTER 2020 NEWSLETTER



### Save The Dates 2020

#### **Psoas Meditation Part II INTENSIVE WEEKEND:**

- Saturday February 22 - Workshop and Forum
- Sunday February 23 - Workshop and Clinic

#### **“Project US” - Lack and Inksap**

##### **Live Performative Public Art Lab**

- Saturday February 29, 2020 at 7:00pm  
*(see the section below for additional details)*  
Located at 3rd Street Promenade and Wilshire  
(The old Barnes and Noble Bookstore).

#### **Loyola Marymount University Lectures and Demos**

##### **Shoulder Girdle:**

- Level I (July 14, 2020)
- Level III (July 25, and 26th 2020)  
*(All are welcomed but signup is needed)*

#### **12th ANNUAL IDYLLWILD Retreat on the Mountain 2020:**

**SAVE THE DATES! November 5 - 9th, 2020**

### TBFM® RESOURCES:

[Make Reservations for  
Idyllwild 2020](#)

### Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)





**It is 2020.**

**Take care of the one body you are gifted.**

*Come to class!!*

TBFM® is kind, integrative exercise that is a developmental ally throughout the chapters of a lifetime.

“There are so many things you can’t do anything about, that it makes it almost a moral imperative to do what you can for self.”

- Charles Axelrod

*Talking about the value of TBFM® in his life.*

“Time with you helps me not just physically but also mentally and spiritually”

- Charlotte Munn

**Intensive Weekend**

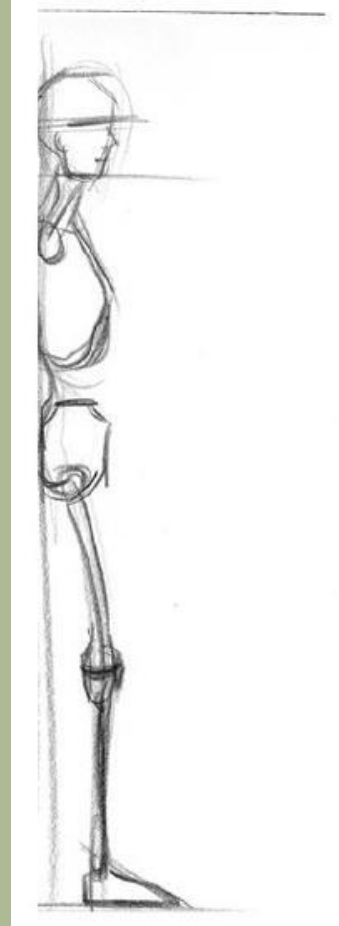
**Saturday February 22 and Sunday 23, 2020**



The first January Psoas Clinic, lecture and muscle meditation, produced body epiphanies for so many. By request, we will repeat the session and present further information and exercises.

Do join us Sunday February 23, 2020 for the Psoas Clinic!

**We Now Offer Virtual Session(s)!**



We encourage and welcome folks from other states and communities, students and teachers who want body or technique help; those who want to certify with TBFM® or clients needing Lack's expertise to manage pain and maximize capability for this journey called LIFE. For those unable to join us at the Los Angeles studio, we now offer Movement Therapy Appointments On-Screen. They are working well for folks unable to be at the studio. We will help you set up the technicals to make the virtual session work for you!

Gratitude to all who participate in keeping the learning, high level dialogue with self and others, and a body of TBFM® technique current and transformative!!

### Event - Come join us!

Saturday February 29, 2020 at 7:00pm Wilshire Blvd and 3rd Street Promenade in Santa Monica, CA.

Linda Lack Ph.D. and Inksap are invited off the streets and into a construction site as they help "activate" the newly renovated Barnes and Noble building that has been vacant for years.

The visionary producers: Kate Johnson, Michael J. Massuci, Laurie Sasson, and Kate Crash have included Inksap and Lack in this site-specific endeavor. Michael Massuci conceptual artist, Kate Johnson video artist, Donna Sternberg and Dancers will create site specific public art.



Inksap and Lack "Project US" reveal their process while Lack moves, Inksap draws and Inksap moves and Lack draws (in time and space). Their process renders "Project US" images like those that they put up in the streets.

Look for all of us in the windows that once displayed BOOKS. We are our own "live" story. Be a part of this on Saturday February 29th 7:00pm -- Use Public Parking structure #9 (1136 4th St Santa Monica, CA

**INKSAP and Linda Lack**  
**"Project US" Documentary**



The Project US Documentary is moving onward and forward.  
Look for upcoming news!



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## TBFM® People & Events

Maggie Daly a TBFM® practitioner and teacher has come from Oregon to study for six and a half weeks and just “be” in attendance during every class offered. The result in the first two weeks is stunning. Her work for self and for all of us observing is brilliant.

*2020 brings a new member of our community into the world!*



**Kentu**, the son of **Kristen Edmond** and **Anthony Coleman**; grandson of Carolyn Edmond and great grandson of Lee Carmela Clark. *Yet another family with now four generations of TBFM® experience.*

**lifetime.**

**Betty Cohen** will be **100** years old in April. We celebrate her and the **50** years of TBFM® in her



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.



Trinity and her four-legged fur person, Eli, have survived and are now flourishing after encounters with a pack of coyotes and two beautifully kind human rescuers. *Yay & hooray!*



AND Please Click Here to "YELP" us TOO!

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

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**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; the Fundacion Santa Fe de Bogota (one of the most prestigious health organizations in Latin America); Colombia's University Hospital Center for Studies and Research in Health; The Movement Center at Swami Chetanananda Ashram in Portland, Oregon; The Puerto Rico Yoga Community; The Mamu Studio & Gallery in Budapest, Hungary.



***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. Linda 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, Christol Sims, Diane Raymen, Claire Wynters, Trinity Capili, Loren Rubin, Maggie Roiphe, Moises Ayala, Rigo Ayala, Charlotte Munn, & Lily.