



from Linda Lack, Ph.D

# The Thinking Body-The Feeling Mind®

## Fall 2020 NEWSLETTER - UPDATE



Upcoming 2020 Opportunities with TBFM®  
Teacher Training credit hours available

# 13TH ANNUAL IMMERSION EXPERIENCE & VOTING WEEK CELEBRATION!

Friday Nov 6, 2020 –  
Monday Nov 9, 2020

THE THINKING BODY -  
THE FEELING MIND®

At the Studio or on [Zoom](#)

### TBFM® RESOURCES:

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

[Make Reservations for  
Portland](#)

[Make Reservations for  
Idyllwild](#)

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### Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)

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Limited in-person space (8 people)

**\*\*Priority to those who register first\*\***

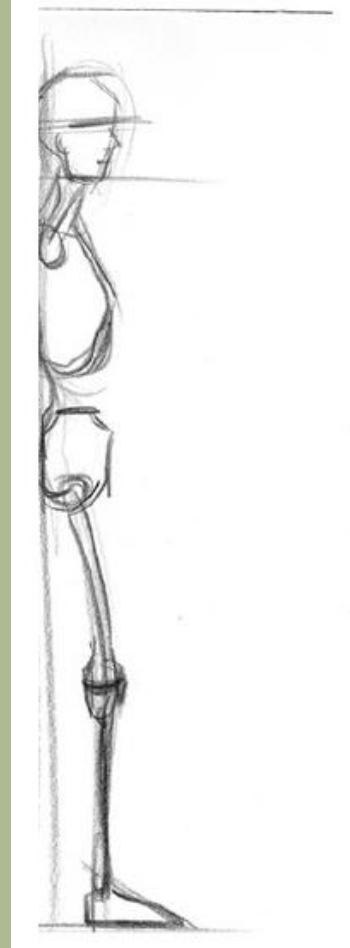
(View the website [www.lindalack.com](http://www.lindalack.com) to print out the brochure or pick up a brochure at the studio.)

**Fee for the Immersion:  
\$495**

**14 Hours. Certifications & Continuing Education Credits for Yoga Alliance, ETC.**

Do join us to celebrate and care for self, the vote and a re-imagining of our world!!

**Studio Address:**



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

Where there is creative humane  
movement, education, and healing -  
there is human dignity.

(Altered from Maori)

For more information or to Register contact us at our office at 323-932-1429 or email: [lindalack@lindalack.com](mailto:lindalack@lindalack.com)

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### 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!*

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### Zoom Class Time Schedule

Weekly Classes:		
Monday	12:30 -	Advanced by Invitation Only
	2:00pm	
	6:00 -	All levels
	7:30pm	
Wednesday	9:00 - 10:30 am	All levels
Thursday	6:00 - 7:30 pm	All levels
Friday	9:00 - 10:30 am	All levels



## Private Sessions:

Can be made upon request via email:

[lindalack@lindalack.com](mailto:lindalack@lindalack.com)

or by phone: 323 – 932 - 1429

**\*\* Monday evening and Thursday Evening  
Classes are at 6:00pm instead of 7:00pm. \*\*\***

(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/>



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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!

## TBFM® People & Events



**We celebrate the passage of Juanita Phillips who studied with us for over 30 years! She was a kind, wise, & authentically spiritual human. Her spirit remains present in/at the Studio.**

**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!*

## **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, Loren Rubin, Karin Hoffman, Maggie Roiphe, Moises Ayala, Rigo Ayala, Charlotte Munn, Steve Diskin, & Lily Lara.

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Linda Lack Ph.D - TBFM  
1637 S. La Cienega Blvd  
Los Angeles, CA 90035  
US

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