

from Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

Summer 2021 Newsletter



Dates to Keep and Remember:

1. July Forum and Clinic

Saturday , July 24th
and Sunday , July 25th

- Including the neck, shoulder, arm, hand (upper Psoas), and ribs. Thank you to Maggie Daly, Tamara Oglesby, and Gretchen Kreiger for the prompting.

2. 14TH Annual TBFM® Immersion and Celebration

Friday, November 5th,
Saturday, November 6th, and
Sunday, November 7th in Los Angeles.

Some folks from a far are already talking about joining us. More details soon!

TBFM® RESOURCES:

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

[Make Reservations for Portland](#)

[Make Reservations for Idyllwild](#)

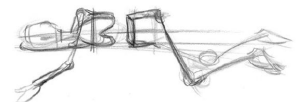
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



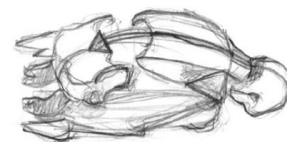
Finally, the Relief of a Hopeful Transition.

Having made it through the difficulties of the last year and a half of COVID, we want to thank you for your continuous support and participation in TBFM® classes. You made it possible to keep our space open and available to all. For those of you from a far, yes! We will keep using and inviting you to virtual classes on Zoom. The link remains the same for every Group Class, Forum, and Clinic.

For those of you who want to join us at the studio, you are welcome to come without a reservation. We will maintain our commitment to cleaning and disinfecting and maintaining distance. Masking is done at your discretion, especially once you are on your mat. However, if you have traveled or you are not vaccinated, we suggest that you choose to wear your mask in the studio.

Another Transition.

Trinity Capili, who worked closely with us during the pandemic to make it



possible to keep the studio running, has moved to Portland, Oregon. She continues to work alongside us from a distance and joins us in Los Angeles periodically. She says she will be “very much around and remaining present in the ritual of TBFM®.” Yay!

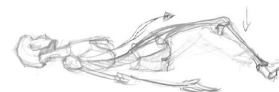
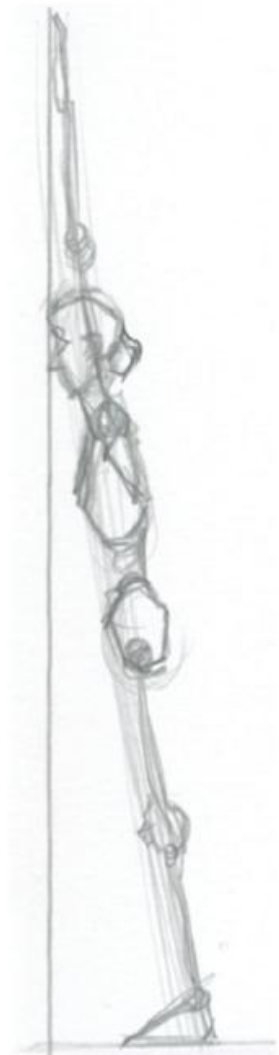


Trinity Capili and Keala Watson-Wheaton

[Keala Watson-Wheaton](#), has joined us. She has been warmly welcomed to the extended TBFM® family. Many of you have already met her, and/or have had her help. We welcome her with great appreciation for holding down the “fort”! (:

A Last and Important Transition:

[Allegra Fuller Snyder](#), magnificent human being, mentor, friend, and supporter of TBFM® has passed.



She maintained a wonderful balance between intellect and heart. Inksap, Keala and Linda created a memorial in the studio to honor her, also shared on Zoom and email.



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!

Ink and Linda - The Documentary...

is finally complete! We are working on how to share it with those interested.

Stay tuned!



Art and Food

We continue to distribute Art and Food on the streets of Los Angeles to those who are interested. This allows for important and interesting conversations with people who have lives, ideas, concerns, problems, philosophies, and experiences radically different from those of us in the TBFM® community. I appreciate the simple and radical honesty of those exchanges. Thank you to those of you who have donated to this project in the past and more recently.

Licensure and Documentation

Finally moving into serious documentation, copyrighting and licensure of The Thinking Body, The Feeling Mind®. Deeply moved by the responses and support of the 5 people (to date) who I have chosen for *Licensure Legacy*. These people include Jan Zeitlin, Gretchen Kreiger, Maggie Roiphe, Charlotte Munn, and Trinity Capili, who have 1,000 hours certification for Movement Therapy. They

have been dedicated to learning and maintaining the techniques of TBFM® over the years, and are dedicated to the work it will take to make this happen. I am so deeply moved by their words and support, and of course, the real world work it will take to make this happen. *It is a process.*

To all of you, I wanted to acknowledge that the founding, development, and evolution of *The Thinking Body-The Feeling Mind*® has only happened because we have moved, learned, healed, handled body injury/issues, and have done some wonderful, unusual, and deep thinking together. The memory of the totality of what has been TBFM® in the past, and the ongoing creativity of what is happening right now is limited by my own solo endeavor. It needs all of us. **You are needed**, for this is the last chapter of my life but not, hopefully, of TBFM®.

TBFM® Fur People

TBFM® attracts *all kinds* of fur people. Tito joins Jan Zeitlin for almost every class. He is high level, and an expert at *Rolls up the Spine* and *Conscious Rest*.



Jan and Tito

Georgia Beller's new-ish fur person loves TBFM®. We wish we had a picture of her when she reached over and kissed Georgia on the mouth during The Fives!

One of Charlotte Munn's newly adopted kitties dances around the sidelines of her practice, thinking about joining TBFM® class regularly.

All fur people are welcome with no charge for classes. We do not discriminate! Dogs, cats, turtles, reptiles, rodents, birds, OR slugs! (:

For Your Interest:

Shoulder Girdle

Within the TBFM® community, there are 7 folks who have neck, arm, hand, and/or shoulder girdle injuries. We will be focused and responsive given these needs in the next few months in The Forum, Clinic and beyond!

Phoenixes Rising

Edie Jenkins, Tamara Oglesby, Marcella Lin & Greta Sesheta have each fallen and experienced their own fine version of “rising” with the help of TBFM®. Onward, Forward, and Upward!

TBFM® Nomads from Afar

Gretchen Kreiger, Molly Hagan, Trinity Capili and Marilyn Hershenson have all traveled to grace the studio floor on La Cienega. Gretchen Kreiger and Marilyn Hershenson attended every class and the workshop weekend while in Los Angeles. Marilyn brings with her a beautiful *Armenian crafted bowl* bought from a Bedouin gentleman in Israel. For me, this bowl is symbolic of TBFM®’s technique and its inclusivity of all *cultures, races, spiritual convictions, body types, ages, genders, and physical and neural divergences.*

Kevin Glatt has risen above the limitations caused by his stroke. He has worked so hard. When we meditate with one another, we both visit magical and alternative worlds. AND, he has just passed his driver's test!! Our TBFM® hero!

Zoom and In-Studio Class Time Schedule

Weekly Classes:

Monday	12:30 - 2:00pm	Advanced by Invitation Only
	6:00 - 7:30pm	All levels
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

or by phone: 310-273-4797

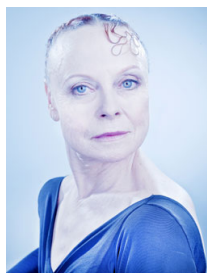
Our deep gratitude goes to Trinity Capili, Maggie Roiphe, Charlotte Munn (for teaching and allowing Linda some time away), Rosalina Rosales, Rigo and Moises Ayala, and Keala Watson-Wheaton whose resilient energy & work alongside me, daily and weekly, make TBFM® possible. Thanks to Dr. Nelhs Betancourt for continued generous donations of masks, gloves, and alcohol.

Kudos and Thanks to Tamara Oglesby, Jean Owensby, Kai Landworth, Maggie Daly, Tara Walker-Munroe, Gretchen Kreiger, Chelsea Tillis, Michal Woolfson, Georgia Beller, and Kristin Kreiger for the writing/thinking re: TBFM® they have sent us.

Please do continue to join us on Interactive Zoom, in The Studio, and on video as we ride the waves of life, the gullies, and crests!

Onward and Forward Strong Arms Round You All!

Linda Lack Ph.D.



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, Diane Raymen, Loren Rubin, Steve Diskin, & Lily Lara.

