

*From Linda Lack, Ph.D*

The Thinking Body-The Feeling Mind®

# Winter 2021 Newsletter



## IMPORTANT DATES TO GET READY FOR:

### 1. October 2021 Weekend Intensive

- **Saturday, October 23<sup>rd</sup> at 10:45am**
- **Sunday, October 24<sup>th</sup> at 10:45am**

Teaching/Learning Forum  
and Clinic: *“Knee and Leg Health and Longevity – The Important Muscles That Attend the Joint.”*

### 2. 14th Annual TBFM® Immersion and Celebration!

- **Friday, November 5<sup>th</sup>,**
- **Saturday, November 6<sup>th</sup>,**
- **Sunday, November 7<sup>th</sup>,**
- **Monday, November 8<sup>th</sup>**

#### TBFM® RESOURCES:

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

[Make Reservations for Immersion](#)

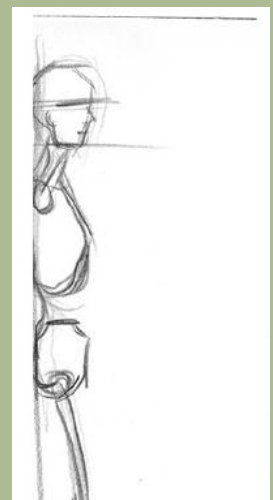
#### Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



*A celebration; in-depth learning experience; over and underview of TBFM. Do join us! **There is still Zoom space available.** Contact Keala at [lindalack@lindalack.com](mailto:lindalack@lindalack.com) now to RVSP!*

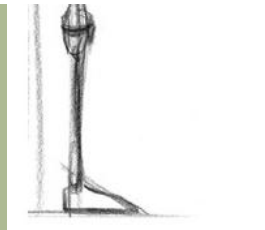
### **3. November 2021 Weekend Intensive**

- **Saturday, November 20th at 10:45am**
- **Sunday, November 21st at 10:45am**



### **4. Thanksgiving**

- There are **NO CLASSES** on **Thanksgiving, Thursday, 6pm** **November 25th**, or **Friday, 9am, November 26th!**



Please plan to come to class **Monday, November 22nd**, and **Wednesday November 24th** instead.

## 5. Our Yearly Gift **TO YOU!**

- **Saturday, October 18th:** A 2-hour class held from **10am to 12pm**
- The gift is for those who have attended at least:
  - one group class
  - Forum or Clinic
  - private sessions
- Please know that you must RSVP for both space ***in the studio*** or on ***Zoom***. (Studio space is limited and reserved by order of sign-up)



## 6. End of the Year Schedule

- The studio is **CLOSED** from: **Thursday, December 23rd** through **Friday, December 31st**



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!

- Classes resume **Monday, January 3rd.**
- The first class is **Advanced Group Class at 12:30pm** and **Monday, 6pm** group class is open to **ALL!**

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## ***HOLDING STEAD: Things to Know***

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We continue to follow COVID guidelines. These include:

- *Masking, and sanitizing mats and commonly used objects.*
- *All staff members are fully vaccinated.*



We, as a community, have made it possible to keep our space open and available to all. For those of you from afar, **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 for **Group Classes, Clinics, and Forums.**

## Inksap and Linda: The Documentary

- Preparation for the Documentary showing is fully underway. Projected showing dates are being decided and **YOU** will be invited!
- We are working to find spaces to accommodate us while considering COVID.





*Thank you to Muriel Mandel for capturing Ink and Linda so beautifully.*

## Thai Monk Encounter

- Linda Lack Ph.D. had an accidental encounter with Paladaoon "Aoon" Mutujitto, a Thai Monk, somewhere off the 60 freeway. He celebrated Dr. Lack's ability to sit in full lotus for an hour, seemingly with ease. He stated through a translator that because of that ability, her blessings would be many. At the studio, this was the inspiration to begin again helping anyone approach half lotuses and full lotuses, if interested.

**Thank you Aoon!**

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## People and Fur People

- **TBFM® Fur People Take Halloween**
  - Emi and Vanilla dressed as Yoda and Storm Troope





## • Celebrating Phoenixes Rising

- Edie Jenkins, Steve Diskin, Camille Stranger, John Souza (doing fantastically well), Sadhvi Parananda are all well, regrouping, and rising after major Orthopedic surgery.
- Lea Fleck has worked so hard and has had a *major breakthrough* in her recovery process. Yay!

**Onward, upward, and forward!!!**

## • Yoga Baby and Advanced Practitioner

- Georgia Beller, and Ruth and John Souza's grandbaby Lennon have demonstrated this higher-level shoulder girdle exercise.



## . **BIG BIRTHDAYS!**

- Jenna Gleason has turned **30** and Les Bohem has turned **70!**

## . **The Poet**

- Michelle Schroeder's collection of poems will be released in book form under the title "Gifts of Insight" in late spring 2022. The poems reveal her truths of the **body, heart, and spirit.**

**Saying Goodbye to a**



## Furry Friend

- Lee Werbel and Norma's kitty, Mr. Fuzzy Pants, has joined our other dearly departed fur people. We wish peace and rest for the entire Werbel family.
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### From Linda:

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 not a solo endeavor. It needs all of us. **You are needed**, for this is the last chapter of my life but not, hopefully, of TBFM®.

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## 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:

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

or by phone: 310-273-4797

**Kudos, and Thanks** to Trinity Capili, Keala Watson-Wheaton, Gretchen Kreiger, and Kristin Kreiger for contributing work for the documentation of TBFM technique. Thanks also to Charlotte Munn for teaching and allowing Linda some time off.

**Our deep gratitude to** Keala Watson-

Wheaton, Rigo and Moises Ayala 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.

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 50+ 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 are 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 50+ 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, Loren Rubin, Steve Diskin, & Lily Lara.

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