

From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

Winter 2022 Newsletter



IMPORTANT DATES TO GET READY FOR:

1. Our Yearly Gift **FOR YOU!**
 - . **Saturday, December 17th:** Held from **10:30am to 12:30pm**
 - . The gift is for those who have attended at least one:
 - Group Class
 - Forum or Clinic

TBFM® RESOURCES:

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

[Make Reservations for Class](#)

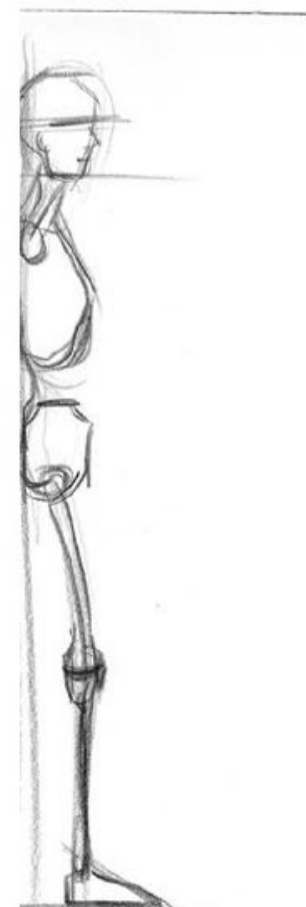
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



◦ Private Session

- Please know that you must RSVP for both space **in the studio** or on **Zoom**. (Studio space is limited and reserved on a first come first serve basis.)



For the Holidays!

We have *Gift Certificates* for GROUP CLASSES, PRIVATE SESSIONS, and MONTHLY INTENSIVES.

AVAILABLE NOW!

To purchase a gift certificate, please contact us by email at

lindalack@lindalack.com

or

By phone at: [\(310\)273-4797](tel:3102734797)

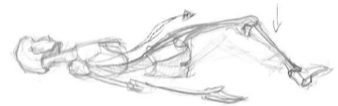
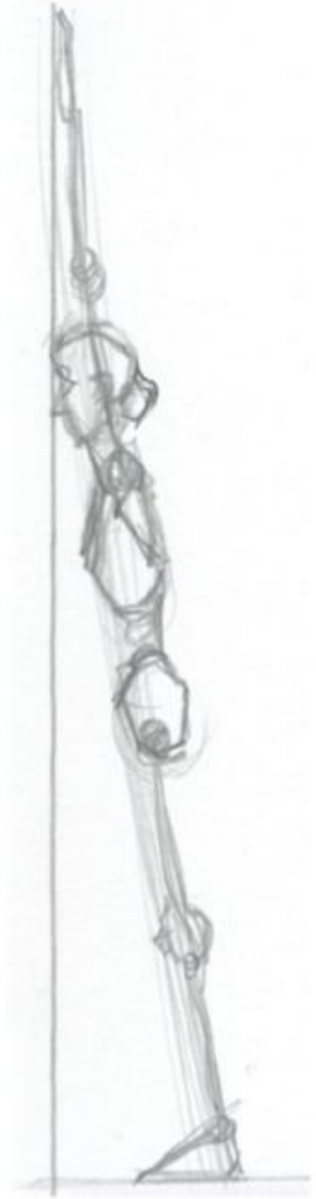
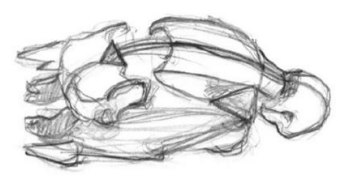
*Purchasing also available **at the studio!***

2. End of the Year

Schedule

The studio is **OPEN** through **Monday, December 19th.**

The studio is **CLOSED** from:



Please Click on our [Facebook Page](#) and **"Like Us!" TODAY!**

We are asking everyone to "Friend" us on Facebook,

**Wednesday, December 21st
through
Sunday, January 1st .**

**Classes resume
Monday, January 2, 2023.**

**The first classes are
Advanced Group Class at 12:30pm
and
Monday, 6pm Group Class !**

An Update: "Ink & Linda": The Documentary



Thank you to Erica Torres to capturing this photo of Inksap and Linda Lack at the Helm's

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!

PBS Television Station

We are excited to announce that “*Ink & Linda*”, Stuart Paul's documentary, has been embraced by ***PBS Television Station*** for airing nationwide in 2023! Stay tuned for more information!

HOLDING STEAD:

Community Well-Being

We continue to follow COVID guidelines. These include:

- . *Masking*
- . *Sanitizing mats and commonly used objects*
- . *Maintaining distance*



Using these guidelines, we have made it possible to keep our space open, safe 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.

November 2022 Immersion!

We had an incredible November 2022 Immersion with folks joining us from out of town; on Zoom; and even one who had never done TBFM before the Immersion!

Below is a photo from the June 2022 Immersion we want to share.



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®.

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

Kudos, and Thanks to Trinity Capili, Keala Watson-

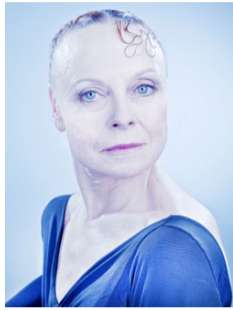
Wheaton, Gretchen Kreiger, and Kristin Kreiger for contributing work for the documentation of TBFM Technique. Thanks also to Charlotte Munn for teaching and allowing Linda some time off.

Our deep gratitude to Keala Watson-Wheaton, Rigo and Moises Ayala whose resilient energy & work alongside me, daily and weekly, make TBFM® possible.

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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