

From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

Fall 2023 Newsletter



Hear-Ye! Hear-Ye!

18th TBFM® Immersion

November 2023!

Friday, November 3rd

-

Monday, November 6th

- Friday, Nov. 3, 2023 (Evening Only)
- Saturday, Nov. 4, 2023
- Sunday, Nov 5., 2023
- Monday, Nov 6., 2023 (Afternoon Only)

In-depth learning

*experience. **NEW** technique and concepts. Upper body strength project. Deepen and expand your relationship to body/movement.*

An over and underview of

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](#)



TBFM!

Please see the website lindalack.com for the June 2023 Immersion brochure and more details or click the direct link highlighted in blue above.

**Join us
In-studio or on Zoom!**

Email us at lindalack@lindalack.com
or call the studio at (310)273-4797

to **RSVP NOW!**

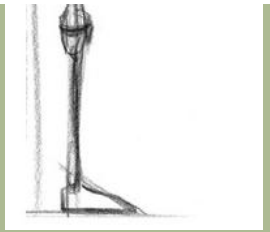
**IMPORTANT DATES TO
GET READY FOR:**

1. October 2023 Weekend Intensive

- **Saturday, October 21st at 10:45am PST**
- **Sunday, October 22nd at 10:45am PST**

Saturday:

Learning/Teaching Forum



(Movement-Based)

The Forum is now movement-oriented and comprises material that doesn't appear in any Group Classes or Clinics. It is useful for all levels!

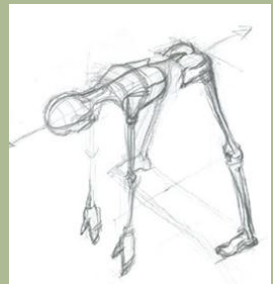
Sunday:

Clinic Topic:

***One Last Psoas Clinic:
Strength, Stretch, and
Everything in Between!***

Videos of previous Clinics and Forums are available for purchase.

Please join us on Zoom or in the studio! If you are unable to attend either session, videos are available.



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!

2. November 2023 Weekend Intensive

- November 18th at 10:45am PST
- November 19th 2023 at 10:45am PST

Saturday:

Learning/Teaching Forum (Movement-Based)

The Forum is now movement-oriented and comprises material that doesn't appear in any Group Classes or Clinics. It is useful for all levels!

Sunday:

Clinic Topic: TBA!

To the Community:

During these confused, chaotic, and often difficult times, staying connected to self, each other, and current knowledge regarding one's physical capability and emotional resilience is important! Please know that we are "here" to be useful and helpful.





*Do join us consistently for
Group Classes!*

Ink & Linda,
the Documentary,
Airing on PBS Stations Near
You!



The documentary, Ink & Linda, is currently airing on over 40 PBS stations nationwide!

Please visit www.inkandlinda.com which has

all of the information about screening dates and times for the rest of the varying PBS stations near you.

If you have questions about accessing the screenings, please email lindalack@lindalack.com and we will do the best we can to be helpful.

Celebrating Kai Landworth!

We want to announce that Kai Landworth has completed a 1000-hour Movement Therapy training, and is now certified, well-practiced, and equipped to teach The Thinking Body- The Feeling Mind®.

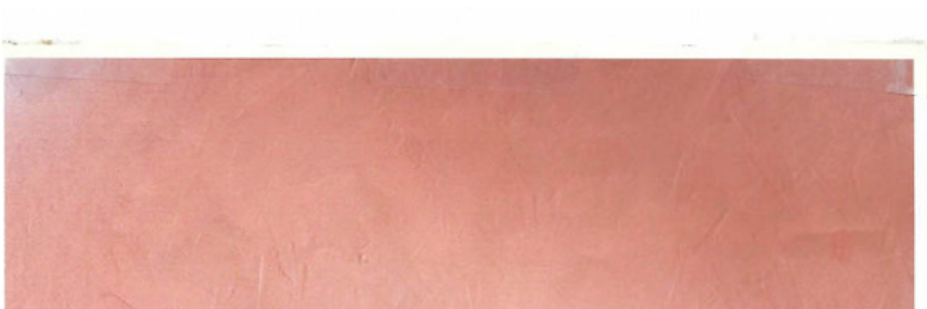
He is now honored amongst Gretchen Kreiger, Trinity Capili, and Charlotte Munn

who all have their Level III certification with TBFM®.

In Memoriam

In August of 2023, Betty Cohen, the oldest member of the TBFM community passed away peaceably in her home and in her sleep. She lived for 103 years. She survived Nazi Holland, cancer, and the too early loss of her beloved husband, Rudy. Betty was one of the last survivors of the holocaust. I beg you in her memory and on behalf of present and future generations.... Stand up, struggle, fight for a world where humans, cruelty, atrocity, injustice, and perhaps most importantly, indifference is not okay!

Below is a photo of her doing a high-level headstand in her 90's.





Please Know:

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.

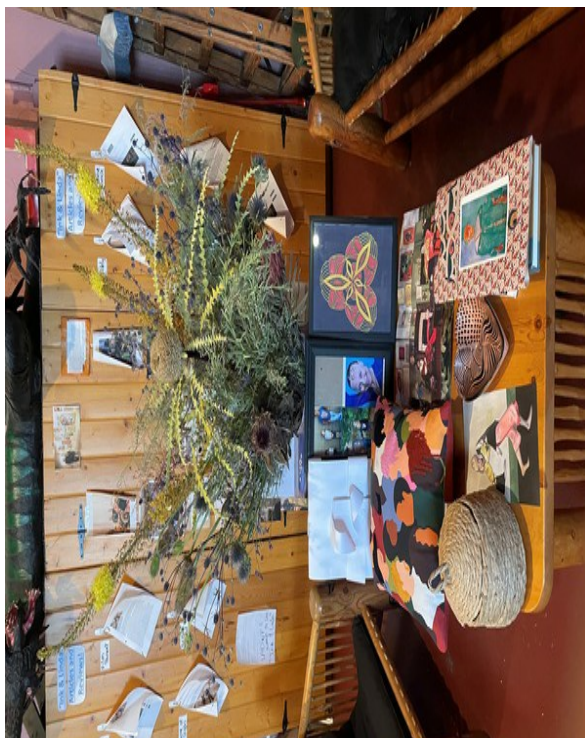
For those of you from afar, **YES!** We will continue using and inviting you to virtual

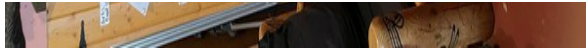
classes on [Zoom](#). The link remains the same for every Group Class, Forum, and Clinic.

For those of you who want to join us at the studio, you are welcome to come without a reservation for all **Group Classes, Clinics, and Forums**; however, it is helpful to inform us of your intentions.

Thanks for Your Birthday

***Grateful to All Who Sent
Wishes,
Acknowledgements, Love,
and Gifts!***





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

This is a huge and deeply felt *thanks* to Keala Watson-Wheaton for her smarts, resilience, and humanity in her good work with this grateful community. Extended thanks also to Trinity, Capili, Charlotte Munn, Rigo Ayala, and Moises Ayala.

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 Fundação Santa Eulália de Beato

of Yoga Therapists, and the Fundación Santa Fe de Bogotá, 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.

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

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

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED BY
response
Try It Free Today!