

From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®  
Spring 2024 Newsletter



Hear-Ye! Hear-Ye!

19th Annual  
TBFM® Immersion  
June 2024!

*Friday, June 7th- Monday, June 10th*

- Friday, June 7, 2024 (Evening Only)
- Saturday, June 8, 2024
- Sunday, June 9, 2024
- Monday, June 10, 2024 (Afternoon Only)

*In-depth learning experience.  
Review **NEW** technique and concepts.  
Upper body strength project. Deepen and  
expand your relationship to  
body/movement.*

*An over and underview of*  
*TBFM!*

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](#)



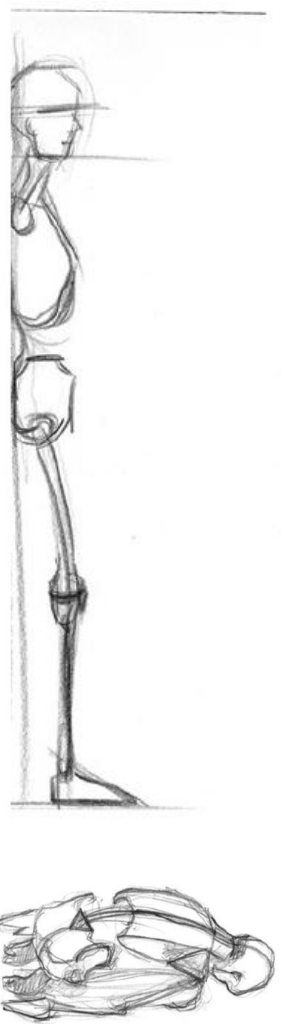
# *Join us*

## *In-studio or on Zoom!*

Space is limited in the studio on a first-come first-serve basis, so do RSVP now! Please contact Keala at [lindalack@lindalack.com](mailto:lindalack@lindalack.com) about early enrollment to secure your space in the studio!

Please see the website [lindalack.com](http://lindalack.com) for the June 2024 Immersion brochure and more details or click the direct link highlighted in blue above.

*Email us*  
*at [lindalack@lindalack.com](mailto:lindalack@lindalack.com)*  
*or call the studio*  
*at **(310)273-4797***  
*to **RSVP NOW!***



## IMPORTANT DATES TO GET READY FOR:

### 1. April 2024 Weekend Intensive

- Saturday, April 27th at 10:45am
- Sunday, April 28th at 10:45am

Saturday:  
**Learning/Teaching Forum**  
**(Movement-Based)**

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# One More Opportunity to Review and Complete the Abdominals Series

Sunday:

Clinic Topic:

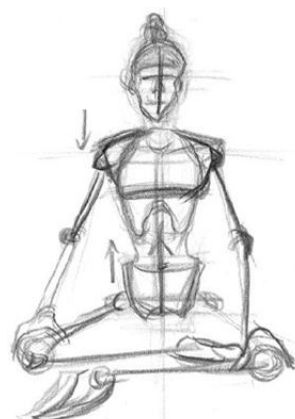
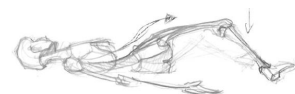
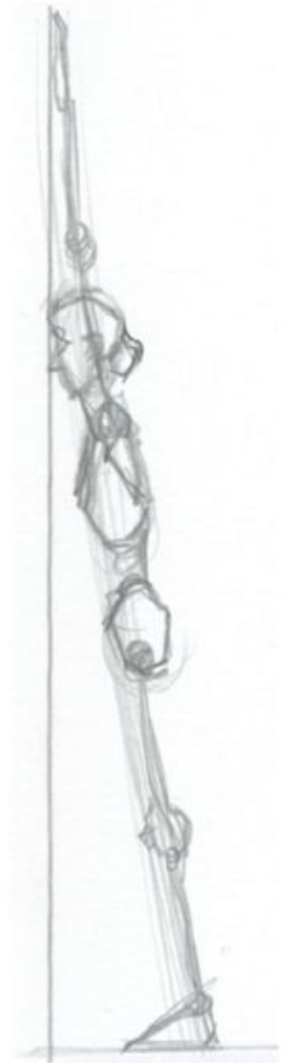
## *Hips: Health, Function and Innovation*

Videos of previous Clinics and Forums are available for purchase.

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!

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

*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.

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*Do join us consistently for  
Group Classes!*



TBFM® is a tool that you can use to maintain physical, emotional, spiritual, and moral clarity.

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**Videos Available NOW!**

*We currently offer 2 videos to all who may need and are interested in:*

*"The Tool Box and Open*



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

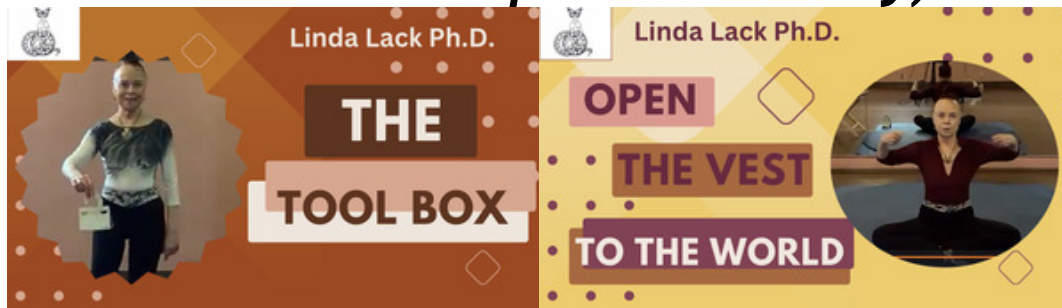
We are asking everyone to "Friend" us on Facebook, and if you would "Like Us", we would be so pleased. "Love" us too, if you are so inclined.



AND Please Click Here  
to "YELP" us TOO!

# *Your Vest to the World”*

*(fundamentals of standing, sitting and how to avoid postural decay)*



*and*

# *“What to Do When You Find Yourself Falling”*

*(the safe practices to minimize injury when falling).*



Each video is **\$50** or a discounted price of **\$85** for both.

If you, your family, or friends need help with concerns about falling or posture, get in touch if you'd like the video(s)!

Please stay tuned as we will be launching more technique videos and small shareable clips to our Instagram, Facebook, and Youtube!



# *Sincere Welcomes and Welcome Backs!*



We welcome those of you who have recently joined the TBFM community this year either from a far or in-person through group classes and weekend intensives (*Ellie Furey, Lane Meagher, Rosana Berdichevsky, Sheri Francisco*).

You are a part of our extended TBFM family, and we genuinely look forward to moving together as we all continue to evolve on our TBFM® journeys.

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## ***Please Know:***

We will 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.

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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 6:00 - 7:30pm	Advanced by Invitation Only 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

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## 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, and Jesse Watt whose resilient energy & work alongside me, daily and weekly, make TBFM® possible.

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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!

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## Onward and Forward Strong Arms Round You All!

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## 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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