

From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

Winter 2024 Newsletter



Date to Get Ready For:

1. Our Yearly Gift to You!

- **Saturday, December 18th:** A 2-hour class held from **10:30am to 12:30pm**
- 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)

2. Thanksgiving Schedule

TBFM® RESOURCES:

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

[Make Reservations for Class](#)

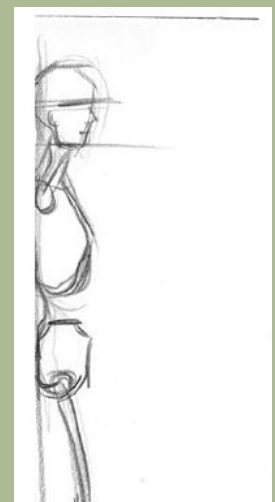
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



The studio is closed on
Thursday, November 28th
for Thanksgiving.

There will be group class
on

**Friday, November 29th at
9am.**

3. End of the Year Schedule

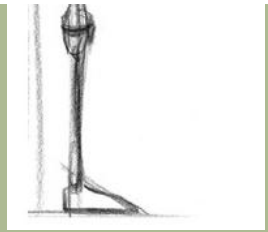
• The studio is **CLOSED** from:

**Thursday, December 19th
through
Wednesday, January 1st.**

Group and Private Classes
resume

Thursday, January 2nd.
open to **ALL!**

To the Community:



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, and that we are "here" with care and hope.**

*Do join us consistently for
Group Classes!*



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

***Words Describing the
TBFM Experience:***

"Later, I realized that while doing TBFM I



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[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!

was able to create a still pond within myself, which is difficult for me. This is something I strive for in my other more overtly spiritual pursuits, but especially lately, I fail to achieve. There is something about the ritual of TBFM, of dropping into the body and out of the mind, that brings me into the present moment."

-Karen Gleason

"I believe life doesn't really care if we are old or young, that we are losing our leaves or blooming in the spring. I think the activity of living, the experience of living-ness, which I believe expresses with or without us, is what drives TBFM."

- Gretchen Kreiger

We have *Gift certificates*

***for GROUP CLASSES,
PRIVATE SESSIONS, and
monthly intensives***

AVAILABLE NOW!

AVAILABLE NOW!

Videos Available NOW!

**Great for Holiday Gift
Giving!**

*We currently offer 3 videos to all who
may need and are interested in:*

**1. Lower Body: Movement
Exercises for Joint Care
and Preservation**

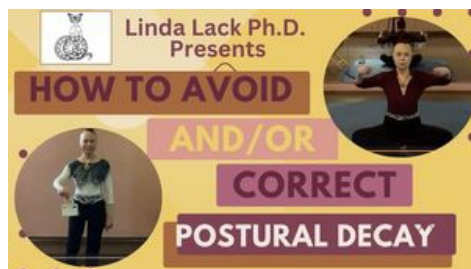
*"Dr. Lack discusses and demonstrates
the fundamental exercises for the
lower body that focus on caring and
preserving the lower body joints."*



**2. How to Avoid and/or
Correct Postural Decay**

Correct Postural Decay

Dr. Lack discusses and demonstrates the fundamentals of standing, sitting and how to avoid postural decay through the TBFM practices of "The Tool Box" and "Open Your Vest to the World".



and

3. "What to Do When You Find Yourself Falling"

Dr. Lack demonstrates the safe practices to minimize injury when falling.



If you, your family or friends need help with concerns about falling or posture, get

in touch if you'd like the video(s)!

Each video is **\$40.**

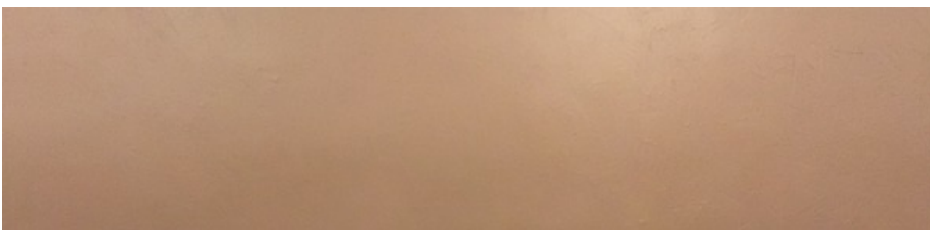
Please stay tuned for more videos on **TBFM® Technique** and shareable clips on our Instagram, Facebook, and Youtube!

Community News:

Another Successful
Immersion!

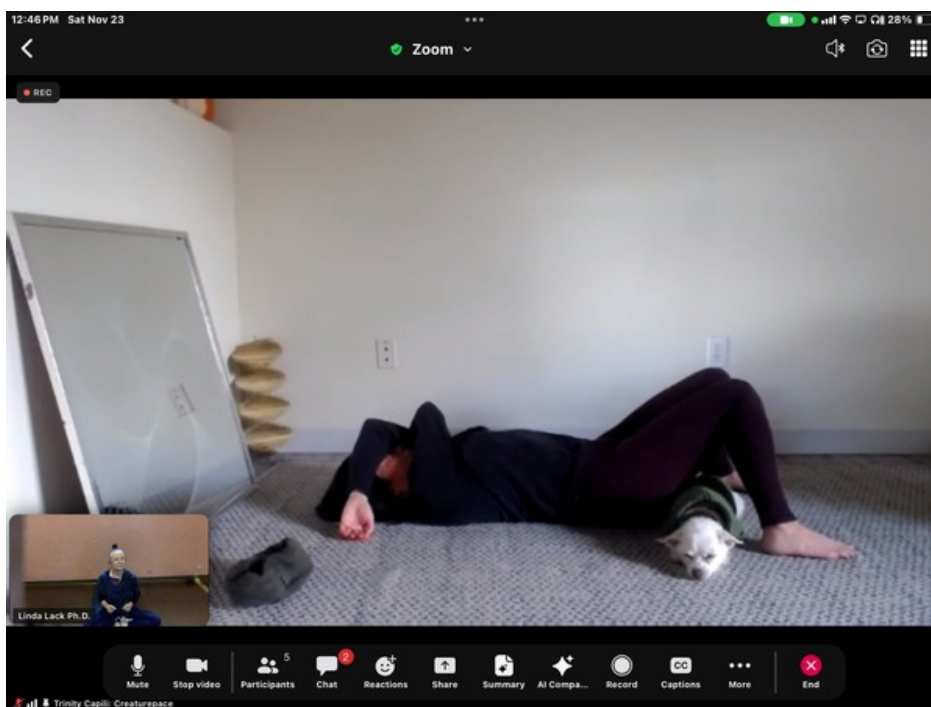
The November 2024 Immersion was an experience that created incredible change and understanding for so many. There is new body information, TBFM material, and poignant realizations. This Immersion was unlike any other Immersion!

Below is a photo of some the in-studio attendees.





TBFM Fur Persons!



Trinity Capili's Eli decided to join class

Trinity Caplin's EIT decided to join class again.

Please Know:

We will continue to follow COVID guidelines.

This includes:

- *Masking, and sanitizing mats and commonly used objects.*

We, as a community, have made it possible to keep our space open and available.

HOWEVER

All sessions are available on [Zoom](#).

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 RSVP by email or phone.

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 and Gretchen Kreiger and many more community members for contributing work for the documentation of TBFM

Technique. Thanks especially 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.

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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