

From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind®

Winter 2025 Newsletter



IMPORTANT DATES THROUGH THE END OF 2025

1. November 2025 Weekend Intensive

Saturday, November 22nd at 10:45am

Sunday, November 23rd at 10:45am

Saturday

Learning/Teaching Forum
(Movement-Based)

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

Sunday

COME PLAY WITH TOES
AND FEET!

Clinic Topic:

Continuation of FEET; Analysis for Correct Mobilization and Balance, and How to Waylay Unnecessary Pain, Problems and Surgeries

Videos of previous Clinics and Forums are available for purchase.

TBFM® RESOURCES:

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

[Make Reservations for Class](#)

[Sign Up for the November 2025 Immersion!](#)

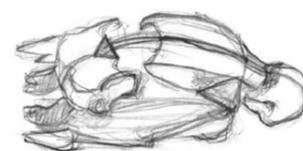
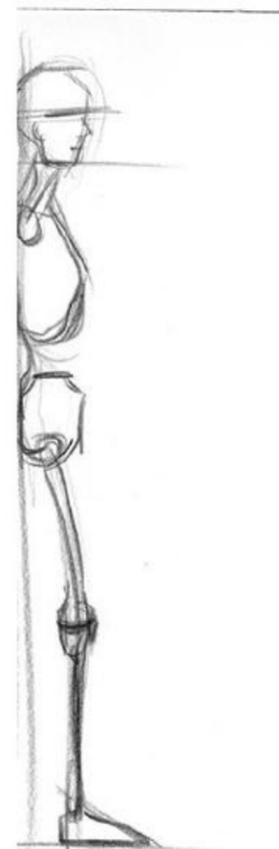
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



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

2. Thanksgiving

The studio is closed on Thursday,
November 27th for Thanksgiving.

There **WILL** be group class
on
Friday, November 28th at 9am

Do Join Us for one of the other group
classes during the week!

3. Our Yearly Gift Class to You!

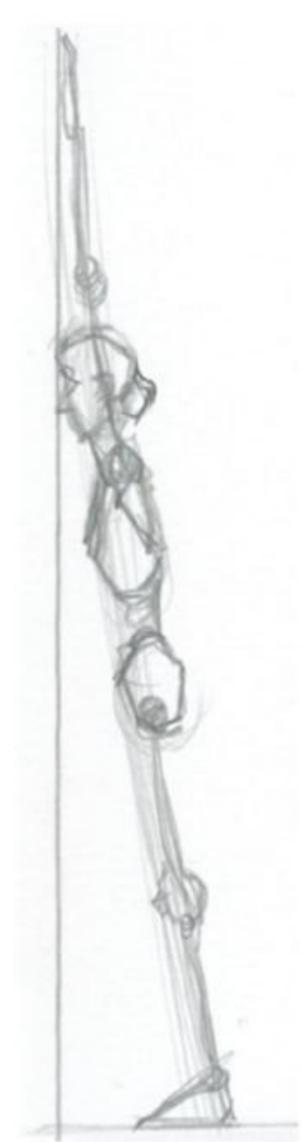
Sunday, December 14th:

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
- . An Immersion

Please know that you must RSVP for both
space *in the studio* or on *Zoom*.



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.

Studio space is limited. Please sign up

now by email or phone!



End of the Year Schedule:

The studio is **CLOSED** from:
Monday, December 22nd
through
Friday, January 2nd.

Group and Private Classes
resume

Monday, January 5th.

Open to **ALL!**



*Do Join Us for Ongoing
Group Classes!*

TBFM® is a tool that you can use to
maintain physical, emotional, spiritual,

and moral clarity.

During these challenging times, staying connected to self, each other, and current knowledge regarding one's physical capability and emotional resilience is important!

Videos Available NOW!



**7 NEW THEMES TO APPLY
TO YOUR ONGOING TBFM
PRACTICE**

To order, please email at
lindalack@lindalack.com
or call (310)273-4797

New videos coming soon!

GOOD NEWS & GOODNESS!

1. November 2025 Immersion Success!

The November 2025 Immersion was beyond the beyond. The results of the experience will last for months. Thank you for the continued confidence and support of self and TBFM®. And thank you all for the beautiful gifts.



2. Rescued Kittens!

We managed to save the lives of 5 feral kittens born in the alley behind the studio!

3. We continue to celebrate

Cheryl Downy, Ariel Bandash and their new grandson/son Angel!



4. Rich Freese and Tam Oglesby have radically and dramatically changed "their story" physically, socially and beyond. They are the "poster children" of TBFM this year. Ask us about their writing/words if interested.

5. *The Round Table*

We acknowledge and celebrate the work of the TBFM® Round Table, meeting regularly to ensure that the study of TBFM® is thoughtfully understood and documented as it continues to grow and evolve. Thank you to Trinity Capili, Gretchen Kreiger, Tamara Oglesby, Jean Owensby, Michelle Schroeder, Kai Landworth and Jan Zeitlin.

"Strong Arms Wrapped Around You"



Nigel

TBFM, Tamara Oglesby and Carol Snyder's beloved fur person *Nigel* has transitioned. He continues to join us for Monday night and Wednesday morning class in spirit and energy, especially during the moving circles.



Eli

TBFM and Trinity Capili's beloved fur person *Eli* has also transitioned after being one of the the most resilient "phoenixes rising" for 18 years. He continues to join classes in spirit with Trinity and the entire TBFM community each week.

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 - 10:30am	All levels
Thursday	6:00 - 7:30pm	All levels
Friday	9:00 - 10:30am	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, Kristin Kreiger and Tamara Oglesby for contributing work for the documentation of TBFM Technique. Thanks also to Charlotte Munn for teaching and allowing Linda some time off.

We Continue to Welcome:

Kevin Kirby - "Thanks to all for the warm welcomes. Glad to be a champion and supporter of such meaningful work."

Alex Dong - Helping to maintain and curate the website.

Our Deep Gratitude to Keala Watson-Wheaton, Rigo and Moises Ayala, and Jesse Watt whose resilient energy & work alongside me 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, Steve Diskin, Loren Rubin & Lily Lara.

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