



From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind® Spring 2026 Newsletter



Hear-Ye! Hear-Ye!

23rd Annual TBFM Immersion June 2026!

Friday, June 5th - Monday, June 8th



Schedule:

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Friday, June 5, 2026 (Evening Only)

Saturday, June 6, 2026

Sunday, June 7, 2026

Monday, June 8, 2026 (Afternoon Only)

Join us for an:

An over and underview of TBFM®!

*In-depth learning experience of Body, Self, and the TBFM® technique/
community. A collective opportunity to explore, play, and resolve
issues/create possibility.*



Early Bird Discount

\$550



TBFM® RESOURCES:

[Make Reservations
for Class](#)

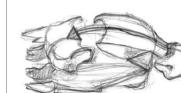
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



\$350 minimum deposit due if you register by May 6, 2026.

Regular fee for the schedule:\$585

A \$350 non-refundable deposit is due by May 20, 2026.

All remaining balances are due by May 30, 2025.

Videos available for an additional \$10 per section for sections missed.

Review all NEW technique and concepts. Deepen and expand your relationship to body/movement!!

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

Please contact the office at linalack@linalack.com about early enrollment to secure your space in the studio!

**Email us at linalack@linalack.com
or call the studio at
(310)273-4797
to RSVP NOW!**

OR see the website www.linalack.com for the June 2026 Immersion brochure and more details.

**OTHER IMPORTANT DATES TO GET READY FOR:
[April 2026 Weekend Intensive](#)**

• Saturday, April 25th at 10:45am

• Sunday, April 26th at 10:45am

Saturday:

Learning/Teaching **FORUM**
(Movement-Based)

Living TBFM: Interactive discussion and support about bodily experience

Sunday:

CLINIC Topic:

HIP FLEXORS & PSOAS The Bermuda Triangle of



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!

the Body: Functionality, Resolution & Release

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

Do join us consistently for Group Classes!



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



ACTIVISM and HONORS!



KAREN KREIGER has been chosen to be a regional co-ordinator for Monterey County for the 1st BIRD ATLAS, a 10 year project! The honor and work is bestowed on her because of the high merits of her decades long photography and work. The ATLAS is the ultimate tool to serve and protect birds, their habitat, land use laws and conservation of the area. TBFM® has made her rigorous work in the field possible.
Congratulations Karen !!!



ALEX DONG, our trusted website magician visited us at the studio from Maryland / Washington DC with 6 friends, most of whom were seeing Los Angeles for the 1st time! We celebrated them on their last day in LA with wonderful food, inspiring conversation and lots of laughter at our local favorite eatery BLOOM CAFE on Pico Blvd.



**ANGEL, Ariel Bandasch's son and Cheryl Downey's grandson was baptised in his Mother & Uncles baptism clothing.
Angel of Joy!!!**



~ONE OF THE BIGGEST SMILES I'VE KNOWN~

NIKO ZUCKER has been a part of the extended TBFM® family since he was born! Last week was his 22nd birthday. We performed an *online Birthday event! Complete with a clown horn!*
Niko has done important work to resolve and transform the injury he sustained.

WE CELEBRATE NIKO!!!

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We acknowledge and show care towards our community members who have shown a great deal of strength, resilience and consistency in their journey towards healing.



Jan Zeitlin is recovering so well after hip surgery. Working to rebuild and re-create her body's capability. She says that TBFM® has brought her back to re-organizing and knowing her body after the surgery experience.



This image is a section of the mural that Michael Alexander and Vicki Kirsch commissioned for their home

Remember when Linda and Inksap "vandalized" the streets of LA with friendship, hope and activism?

This past March marked the four year anniversary of the premier of the documentary "Ink & Linda" by Stuart C.Paul, featuring Linda Lack and Inksap.

April marks two years since the award-winning documentary began streaming on major platforms such as Amazon and AppleTV.

For a dose of fortitude in these times, here is the link to the trailer. <https://bit.ly/2IQtwTu>

INK&LINDA remains on major streaming platforms for viewing. [Read more about their story here](#)

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 |
| Tuesday | Hourly Private Classes By Appointment | 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 |

1 HOUR Private Sessions

Appointments are available for **MONDAY through FRIDAY** upon request via email:

lindalack@lindalack.com

or by phone: 310-273-4797

Kudos & Thanks to Trinity Capili, Kevin, Alex Dong, Kary Bartmasser & Company, Loren Rubin, Erika & Evelyn, Rigo Ayala and Jesse Watt all of whose resilient energy & work alongside me, daily and weekly, make TBFM® possible.

A VERY SPECIAL THANKS to **RAMIS SANDRIEH** at Technology for You, Inc. for consulting with us on procuring and installing our new computer system!

Please do continue to **JOIN US** online via **ZOOM** or in person at **THE STUDIO**, and with our **RECORDED EVENTS** 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!

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