



From Linda Lack, Ph.D

The Thinking Body-The Feeling Mind® Fall 2026 Newsletter



Hear-Ye! Hear-Ye!

24th Annual TBFM® Immersion November 2026!

*Friday, November 6th
through
Monday, November 9th*

Schedule:

- Friday, November 6, 2026 (Evening Only)
- Saturday, November 7, 2026
- Sunday, November 8, 2026
- Monday, November 9, 2026 (1 Class-12:30pm)

Join us for:

An Over and Underview of TBFM®!

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



**Early Bird Discount:
\$560**

A \$350 nonrefundable deposit is due

by October 12, 2026

**Regular Fee for the Schedule:
(after Oct. 12) \$595**

**A \$350 nonrefundable deposit is due
at time of registration.**

All remaining balances are due by October 30, 2026

TBFM® RESOURCES:

[Make Reservations
for Class](#)

[Sign Up for the
November
2026 Immersion!](#)

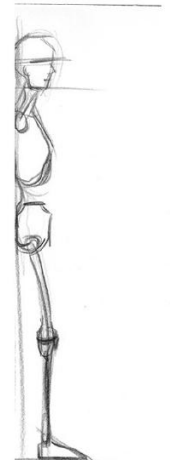
Other LINKS:

[Visit the TBFM Website](#)

[Weekly Class Schedule](#)

[Monthly Intensives](#)

[Private Sessions](#)



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!***

Space is limited in the studio on a first-come first-serve basis, so do RSVP now!

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

OR
click the following link
<https://lindalack.com/upcoming-immersions/> for the November 2026
Immersion brochure and more details.

OTHER IMPORTANT DATES

OCTOBER 2026 Weekend Intensive

Saturday, October 24th at 10:45am

Sunday, October 25th at 10:45am

Saturday OCTOBER 24th

FORUM

**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 OCTOBER 25th

CLINIC

Continuation of ABDOMINALS: Get to really know your core!



Please Click on our
Facebook Page
and "Like Us!" TODAY!



Do Join Us for Ongoing Group Classes!

TBFM® is a tool that you can use to maintain physical, emotional, spiritual, and moral clarity. And some rest from the world!

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

New Videos Available NOW!

***There are 8 videos available for in-home use, purchase through
www.lindalack.com
or Call: 310-273-4797***

NEWEST VIDEO! "Nervous System Reset"

***Each video is \$60.
Visit our website for video descriptions and to
purchase!***

Good News and Goodness!

GEORGIA BELLER is the poster child of knee replacement healing. Her Surgeon, staff, Physical Therapists and Linda Lack are stunned and calling her magical!! We celebrate her utter and total committment to the exercises we gave her before & after surgery...and now!



CHERYL DOWNEY was acknowledged and honored for her honest and courageous work on behalf of women in the entertainment industry by the DIRECTORS GUILD of AMERICA. This continues in to her 80's! Please watch this tribute and interview - it is wonderful!

<https://www.dga.org/Craft/VisualHistory/Interviews/Cheryl-Downey>

Wishing Cheryl a speedy recovery after her recent surgery & looking forward to embracing her in person and welcoming her back to the studio for class!

Liam Naughton, Fumi's son recently visited a class. Huge suprise! The last time we saw him he was 10 or so. His physical and cellular literacy is uncanny! It was like having Fumi in the studio again!



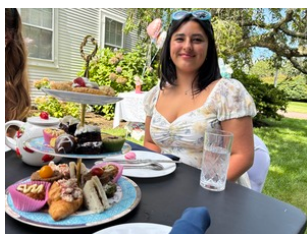
Beautiful ~ Joyful!

Two babies born to folks in the TBFM® community:

Ari Ratner welcomed a baby boy Rafael Josef Ratner!

Simone Krug also welcomed a baby boy Ollie! Simone's Mother Andrea Scharf did TBFM® while she was pregnant with Simone!

Ellie Zucker's daughter Emi turned sweet 16. Oh my! Linda was there when she was born. Three generations of TBFM® in the Zucker family. Ellie is a heroic parent!



Rich Freese continues his remarkable journey. He is a poster child of TBFM. He has elevated and deepened his understanding of body and is able to move forward in a more pain free existence.

Muriel Mandel is doing the plank!



**Muriel Mandel is doing the plank!
And Muriel is so excited to be presenting an
"EXHIBITION of ORIGINAL WORKS"**

MURIEL MANDEL

Please join us for an exhibition & sale of the original works by **Muriel Mandel** and her Polaroid SX-70 Composite Collection.

Come view Muriel's art, meet the artist, and enjoy the beauty of art and conversation.

Viewing hours: October 23–25, 2:00–7:00 PM, or by appointment.

Where
5544 W Pico Blvd Los Angeles, CA 90019

Kary Bartmasser has been a structural pillar of TBFM's® existence for 50 years. He's doing so well after a necessary knee replacement. Together we are doing/going beyond traditional PT, endeavoring to get back to total body system capacity. Perhaps even embryo pose.



We were flabbergasted when hundreds of Dragonflies gathered and stayed for weeks above the trees at the rear entrance to the studio last month! This gathering of dragonflies is typically referred to as a "cluster", a "flight" or a "dazzle"!

We were most definately DAZZLED!

To Native Americans a dragonfly is a symbol of purity and happiness. In Native American spirituality, dragonflies carry significant meaning, acting as messengers from the spirit world and symbolizing transformation, mental maturity, and emotional depth. They represent the change of perspective and self-realization, urging individuals to explore their emotions and embrace joy.

They were a most welcome symbol of life & natural beauty and we were so happy everyday to stare up at their magical flight patterns and colors! **Did they notice Linda's dragonfly earrings?**

SOMETHING attracted them 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

Monday	12:30 - 2:00pm
Tuesday	By Appointment
Wednesday	9:00 - 10:30am
Thursday	6:00 - 7:30pm
Friday	9:00 - 10:30am

Weekly Classes:

Advanced Group Class - by Invitation Only
Private Classes
Group Class - All levels
Group Class - All levels
Group Class - All levels

Private Sessions:

Can be made upon request via email:
lindalack@lindalack.com
 or by phone: 310-273-4797

Thank You to Tamara Oglesby, Gretchen Kreiger, Trinity Capili, Michelle Schroeder and Karman Mak for your "writings" re: TBFM® and beyond!

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 has been on faculty with Yoga Therapy RX programs at Loyola Marymount University. The TBFM® 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: Rigo Ayala, Kary Bartmasser, Trinity Capili, Alex Dong, Erika & Evelyn, Kevin, Lily Lara & Loren Rubin.

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