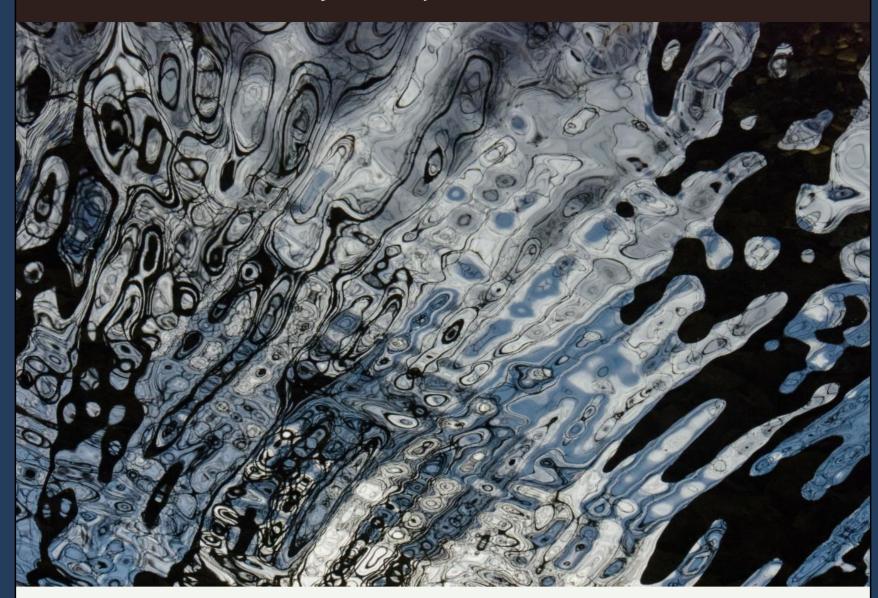# Somatic Expression® - Jamie McHugh
Body Wisdom for Modern Times

Resonant Reflection (2021) www.naturebeingart.org

"The ear hears, the brain listens, and the body senses vibrations. Listening depends on a lifetime of practice that depends on accumulated experiences with sound. Listening can be focused on detail, or open to the entire field of sound. It is a mysterious process that is not the same for everyone. To hear is the physical means that enables perception. To listen is to give attention to what is perceived both acoustically and psychologically. It is the interpretation of sound waves." - Pauline Oliveros (thanks to Clare Maxwell for this quote)

"At a certain point, you say to the woods, to the sea, to the mountains, the world, Now I am ready. Now I will stop and be wholly attentive. You empty yourself and wait, listening." - Annie Dillard

Dear Friends,
As I reflect on all that has transpired in 2022, I am primarily aware today of my deep gratitude for all the participants in my online classes and workshops this year. Your ongoing presence has provided a predictable and comfortable home for me to consistently show up, offer my guidance and participate in the shared magic of our mutual creation. Over 30 years ago, I heard Jeremy Chance, a teacher of the Alexander Technique, claim that one is only a teacher if one has students. That made an impression on me. I can make art on my own, wander and wonder through the woods on my own, can write on my own - but I can only teach in relation to and with others. And it is these others (you) who enrich and inform my teaching through your willing presence, spirited engagement and unique reflections. I am honored to be your guide as we all navigate the gifts and challenges of being embodied spirits on the planet at this moment in time. Thank you!

In the spirit of Pauline Oliveros and *Deep Listening* (her approach to music improvisation), I/we continue to develop *Deep Sensing* in the Thinking Body, Sensing Mind weekly classes and in the more concentrated Somatic Movement Lab series. Alternating movement and stillness, sound and silence, and expression and impression, we slow down the mind of time to cultivate more comfort, ease and support while regenerating our proprioception (our bodily self-perception) to fortify our resilience and soften our tensions. I hope you can join us in this mutual investigation.

Besides my personal offerings, I want to bring your attention to 2 different upcoming events I am honored to be part of:

Embodied Meditation 6-Month Teacher Training
Begins January 25, 2022
Complete information and registration HERE
(I will be a guest teacher in this program)

The Nature Talks
February 9 - 13, 2022
Complete information and registration HERE
(I will be a presenter in this program)

More information about both of these events in my next newsletter! The 2022 Calendar of Events is gradually taking shape - stop by to get a preview of the year at hand for planning ahead HERE

Warmly,
Jamie

The Power of the Pause: Breathing Room Online

Sunday, December 19 @ 9-10 AM Pacific time or 4-5 PM Pacific time

Experience 360 degree breathing and individual variations in these **FREE** hour-long sessions. Open to all, these sessions are a good introduction to basic somatic practice and the class series "Thinking Body, Sensing Mind". All information HERE

Jamie McHugh is an interdisciplinary artist, somatic movement specialist and the creator of Somatic Expression® - Body Wisdom for Modern Times. His somatic-expressive practices for re-wilding the body, mending the mind and restoring the spirit have been developed through intensive study over time with Bonnie Bainbridge Cohen, Emilie Conrad, Anna Halprin, Thich Nhat Hanh and the wild places of the planet, and through working with diverse groups of people internationally for over 40 years. Jamie continues to study and research the mystery of the body as an element of nature and as an expression of our humanity.

FEATURED VIDEO:
Breathing Room Series: #12 - The Great Sea

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