

2024 Embodied Mindfulness with Jamie McHugh, MSMT

Online Module 1: Content, Dates & Fees

Module 1 and 2 can be taken independently for personal or professional enrichment. If you are interested in certification, see the Module 2-3 information

<http://somaticexpression.com/classes/Module2.html>

2024 Winter Online Series

12 Tuesdays, January 9-April 2, 2024 (no class March 12)

10-11:30 AM West Coast; 1-2:30 PM East Coast; 7-8:30 PM Europe

2024 Fall Online Series

12 Tuesdays, October 1-December 17, 2024

10-11:30 AM West Coast; 1-2:30 PM East Coast; 7-8:30 PM Europe

Embodied Mindfulness: A Somatic-Expressive Approach to Stillness is an easily repeatable daily somatic sitting practice for cultivating greater degrees of comfort, patience and perspective. Designed for the modern body/mind, these embodied practices orchestrate somatic activities of breath, vocalization, contact, and movement to occupy attention, settle the body and dwell within your own interior. Stillness arises of its own accord through active collaboration with the stability of your structure and the mobility of your breath.

Module 1 Overview

- **12 live weekly online classes**
- **Video recordings of all practices and theory**
- **2 individual consultations**

Module 1 is for anyone who would like to explore various somatic options for a body-oriented contemplative practice. Therapists, coaches, yoga and movement teachers of all types, as well as people seeking more calm and ease in their lives, can benefit from this integrative approach to the body and its expression of lively stillness.

Over the course of the program, you will accumulate a broad-based repertoire of 24 different somatic sitting practices. These somatically informed practices:

- Introduce basic anatomy touchstones for objective information and orientation to the landscape of the body

- Highlight a felt experience of one's body from the inside out for subjective information
- Integrate the somatic technologies of breath, vocalization, self-contact, movement and stillness into a comprehensive template for bodily awareness and emotional well-being

Having varied choices for self-engagement creates a responsive daily practice based on your "inner weather" and particular needs.

Details

Each 90 minute class session includes two unique 20 minute guided practices with exploratory time, followed by interactive dialogue, reflective response, and theory.

Practice recordings are available for repeating and integrating the material during the week, with a daily 15-20" practice acting as the keystone for this module.

Two individual consultations focusing on practice and theory are included for more personalized attention.

Sliding Scale: \$400-850 (according to economic means)

Includes 18 hours of live online classes over 12 weeks, recordings of all class sessions with 24 practices, handouts, recommended readings, and 2 individual online consultations.

To Register:

1) Send an email confirming Fall or Winter participation to somaticxpress@proton.me

2) Send sliding scale payment to any of these options:

- **Wise** <https://wise.com> with payment to: naturebeingart@gmail.com (Preferred method for people overseas)

- **Paypal** <https://www.paypal.com/paypalme/somaticxpress>

- **Check** to Jamie McHugh, 181 Wagon Wheel Drive, Kinderhook, NY 12106