EcoSomatic Expression Retreat with Jamie McHugh

"Our inner life is complete when it merges into nature and becomes one with it." - D.T. Suzuki

SEPTEMBER 21-27, 2027 THE SEA RANCH, CA

Retreat begins @6pm on 9/21 and ends on 9/27 @11am



The Sea Ranch is a coastal community 3 hours north of San Francisco, world-renowned for its unique design of houses blending in with the natural environment along a 10-mile stretch of coast. Besides stunning beaches and miles of trails along the bluffs and through redwood forests, you have access to the recreational centers with outdoor heated swimming pools and saunas.

I first came to the Sea Ranch in 1986 for a month-long training with Anna Halprin, and then assisted her for the next five years in these retreats. I began living at Sea Ranch in 2008 and holding my own 5-10 day retreats there. It is an ecosystem I know intimately, and I enjoy guiding group experiences in some of my most treasured environments there.

This will be the final retreat I will offer at Sea Ranch. Group size is limited to 10 participants.

Details
Please complete this form to begin the application process:
https://forms.gle/TpCXVPoN1AASKsvEA

Note: If you have not worked previously with me, contact me to schedule a 15-minute Zoom conversation when submitting the application.

Once your application has been accepted, the payment process can begin. You can choose to pay the whole amount at once, or you can put down 50% and subdivide the balance to pay it off monthly until September 1, 2027.

Note: I am making this retreat as affordable as I can. The cost of rental housing at Sea Ranch has increased substantially since the pandemic. In a way, the luxury of the houses balances out our immersion in the elements. No more than four people will share each house so there is plenty of space for decompressing. Each house also has its own private hot tub for after-hours soaking.

Cost (Single Room Occupancy + Tuition)

$1700 (if registered by March 1, 2027))
$1950 (if registered after March 1 and by June 1)
$2200 (after June 1 if space available)

Cost (Double Room Occupancy + Tuition)

$1200 (if registered by March 1, 2027))
$1400 (if registered after March 1 and by June 1)
$1600 (after June 1 if space available)

Food: Everyone will bring their own food and/or shop at the local market, and collaborate with others as they wish on meals. The kitchens in each house are well stocked with cooking utensils. This has worked surprisingly well in the past, with everyone getting exactly the food they need to sustain their own inner ecosystem.