



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



Navarro Spring - Double Exposure (2021) [www.naturebeingart.org](http://www.naturebeingart.org)

*"I have already dealt at length with the stale objections that any concern for the body involves a retreat from the social, a flight into private egotism. Our soma, as the locus of our presence in the world, is where we typically interact in the social sphere; our bodies are very often more public than our minds and thoughts. Because the soma is a transactional entity that exists and thrives only through engagement with its physical and social environment, somaesthetic perception and cultivation (when properly pursued) always involve the perception of its environment, and a consequent concern for it. You cannot feel your body alone; you always feel it with what it stands, sits, or lies on; with the force of gravity or layer of clothes that cover it; or with the surrounding air that cools it or enters its lungs."* - Richard Shusterman

*"We know enough of our own history by now to be aware that people exploit what they have merely concluded to be of value, but they defend what they love."* – Wendell Berry

Dear Friends,

Join me for spirited excursions into the nature of the body - our primary ecological and archeological landscapes - and into the body of nature - our cosmological home.

Twice a week for an hour for 4 weeks in *Thinking Body, Sensing Mind*; or more intensively in the *Somatic Movement Skills Lab Series*. Information below...

The creative and contemplative inquiry into our soma and its inherent technologies not only brings us into more contact with sensate life, as Richard Shusterman points out, but also extends our reach into empathic communion with all life.

Breathe - take space - speak out - calm down - soften - strengthen - rest - repeat!

I look forward to seeing you online soon.

Warmly,  
Jamie

### Thinking Body, Sensing Mind Series

**April 19 - May 12, Mondays and Wednesdays, Group A (10am) or Group B (4pm) PDT**

A progressive sequence of journeys into the inner landscape of the body designed to increase awareness, relaxation, and presence by highlighting sensory experience with the basics: breath, vocalization, alignment, self-contact, and subtle movement. *Each session is recorded for playback.* Some somatic or meditative experience needed. *Pay What You Are Able Sliding Scale: \$50-250/Series*

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

### Somatic Movement Skills Lab Series

**Sundays: April 25, May 9 & 23, June 6 & 20 (9am-noon PDT)**

Over the past 20 years, I have curated a template of simple, accessible, and effective somatic practices for tending and befriending the soma – the body of nature. These practices have arisen out of what I have identified as the five somatic technologies indigenous to all bodies - breath, vocalization, contact, movement and stillness. Each 3 hour session has a distinct focus and a repertoire of specific practices related to the larger topic of movement:

BREATH - APRIL 25  
CONTACT - MAY 9  
STILLNESS - MAY 23  
VOCALIZATION - JUNE 6  
INTEGRATION - JUNE 20

This lab is for committed learners, whether for personal or professional practice. *Each session is recorded for playback.* You will also receive a 45" individual consult during the program. Please be prepared to dedicate 10 hours of practice & study between each session.

*Pay What You Are Able Sliding Scale: \$250-550*

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

### INDIVIDUAL SESSIONS

I am offering individual somatic coaching sessions online as a one-time consult - or in an ongoing way - with a "pay what you are able" sliding scale in light of the current global financial uncertainty. More about individual sessions [HERE](#)

**30 minutes (\$40-90) or 60 minutes (\$70-160)**

Reply to this email to schedule a session.

**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: [Planetary Metensomatosis](#) : Part 2 of the Pandemic Trilogy (2021)**



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