

Somatic Expression® with Jamie McHugh
Body Wisdom for Modern Times



*“To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.” – William Blake*

Dear Friends,

These are the days of sheltering-in-place and occupying small spaces; decreasing mobility and increasing restrictions. Tensions are high and uncertainty runs deep. Old ghosts from the past seem to be on the move, infiltrating our waking hours and our dreamtime.

And yet alongside the heartbreaking suffering, new ways of being and doing are surfacing.

This time of distress is walking hand-in-hand with newfound appreciation for the ordinary blessings of daily life – the warmth of sun on our faces, the fragrance of baking bread, the eye contact and reassuring voices transmitted virtually through Zoom. And yes, the simple sensations of feeling ourselves as part of this planetary landscape as we inhale and exhale, lay down and stand up, shift our balance and sing our song.

The last few weeks of offering daily “Breathing Room” sessions to people worldwide has been, in the words of Thich Nhat Hanh, “my appointment with life”. Showing up each day in this online sanctuary where we can share one hour free of obligations and be present with our individual life force - “holding infinity and eternity” – is one antidote to the breathlessness of anxiety.

I hope you can join us in this collective practice of **taking time out by taking time within** during these next weeks and gifting yourself with some breathing room.

Note: All 3 series of *Thinking Body, Sensing Mind* are by donation.

And please join me this Saturday, April 11 @ 10:30am Pacific time for a 1 hour free online “Breathing Room” as part of World Breathing Day. Register [HERE](#)

Warmly,
Jamie

SPRING 2020 THINKING BODY, SENSING MIND (COVID-19 EDITION)

THINKING BODY, SENSING MIND is an online series of 60 minute experiences designed to create more physical ease and self-awareness by exploring the basics: breath, alignment, self-contact, and subtle movement while initially sitting.

We gift ourselves with breathing room and create a restorative break from the world by giving spacious attention to our bodies in movement and stillness. With so much anxiety and uncertainty presently in the world, the return to the breathing body in the company of others online is a much-needed soulful sanctuary and an oasis of calm.

These somatic explorations are derived from the **Embodied Mindfulness** protocol for increasing bodily awareness, relaxation, and presence. Suitable for all levels of physical conditioning and experience.

ALL 3 SERIES BY DONATION

**A) April 13-May 8: 4 Week Series, Mondays, Wednesdays & Fridays
10-11am Pacific Time**

**B) April 13-24: 2 Week Series, Mondays, Wednesdays & Fridays
4-5pm Pacific Time**

**C) April 27-May 8: 2 Week Series, Mondays, Wednesdays & Fridays
4-5pm Pacific Time**

All sessions are recorded for participant downloading and playback

Send an email [HERE](#) confirming the letter of the series (A, B, or C) you wish to attend

Donations can be sent through Paypal [HERE](#)

or with a check to Jamie McHugh, PO Box 250, Albion, CA 95410



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