



## Embodied Mindfulness and The Art of Stillness

*“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” – Viktor Frankl*

Embodying mindfulness, and being mindfully embodied, is a major challenge in modern times. With so much literal (and metaphorical noise) overwhelming our senses, cluttering our psyches, and degrading our attention, how do we access the spacious place of the still point – let alone even know it exists? How can we build our capacity for taking pauses - from the small increments in our speech patterns to the longer intervals of rest? Contemporary research has given us so many good reasons to practice mindfulness, and yet for many people, the practice of stillness remains challenging and out of reach.

I created Embodied Mindfulness based on my decades-long practice of meditation, somatics, and movement to make contemplative practice simpler and easier for the modern mind. By placing more focus on exploring sensation and the inner territory of the body through somatic awareness and response, the mind is occupied while the body settles – and vice-versa.

The five technologies of somatic experience (breath, vocalization, contact, movement and stillness) are used in conjunction with body mapping and kinesthetic tracking to diversify contemplative practice. These embodied practices combine inner sensing, active expression, and individual exploration to cultivate a lively, animated stillness.

The Embodied Mindfulness template is currently used worldwide by people ages 20-85 at all levels of physical conditioning. Yoga and movement teachers of all types, therapists, educators and life coaches, 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.

**Read** a theoretical overview of Embodied Mindfulness [HERE](#)

**Attend** an Embodied Mindfulness Online introductory class - information [HERE](#)  
Next classes: January 13, 2019 and February 16, 2019

**Pursue** Embodied Mindfulness Online Training - information [HERE](#)

### 2019 Embodied Mindfulness Online Module 1

**6 Consecutive Sundays** - February 10, 17 & 24; March 3, 10, & 17  
9 AM-noon West Coast; noon-3 PM East Coast; 6-9 PM Europe

**Retreat** - March 31 8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

This immersion in the practice and theory of Embodied Mindfulness is designed to generate an easily repeatable individual daily somatic sitting practice to cultivate greater degrees of ease, patience and focus while nurturing one's well-being. Over the course of the program, you will learn a developmental sequence of 30 body-based practices for stillness. These somatically informed practices:

- Introduce basic anatomy for objective information through various maps of the body
- Create a felt experience of one's body from the inside out for subjective information

- Integrate the somatic technologies of breath, alignment, self-contact, movement and stillness into a comprehensive template for bodily awareness and emotional well-being

In each session, you are:

- Guided in four unique 15-20 minute practices with time for personal exploration and assimilation
- Engaged in interactive dialogue, question and answer, and theory

During the week, you have recordings of the practices as MP3 files for your personal use to repeat and integrate the material.

3 individual sessions are included for more personalized attention. These sessions focus on practice and theory while tracking your experience and making meaning.

We complete the program with a 5-hour online retreat to bring the practices together.

**FEE: Early Bird Rate: \$595 by January 14; \$650 After**

Includes 18 hours of live online classes, a 5-hour online retreat, audio recordings of all practices and theory, 3 individual online sessions with Jamie, and assorted readings. Group size is limited to 12.

**APPLICATION [HERE](#)**

## Planning Ahead in 2019

### Embodying Nature

#### [French Alps](#)

May 31-June 9, 2019

#### [California Coast](#)

September 7-15, 2019

### Bringing Spirit into Form

#### [Bern, Switzerland](#)

May 24-26, 2019

### Ecopsychology Certificate Program

I will be a guest presenter in this 6 month program hosted by Holos Institute/Jan Edl Stein beginning April, 2019 Information [HERE](#)

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Enjoy my latest visual meditation from [NatureBeingArt](#) with music by [Jami Sieber](#) below

