

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



"A work of art is a gift, not a commodity. Where there is no gift, there is no art." - Lewis Hyde

Dear Friends,

As we move into the darkest time of the year here in the northern hemisphere, surrounded by many distressing events socially and environmentally, it is good to take stock of larger truths for perspective. *Mystery is the predominant quality of our human experience*, the late Stephen Schwartz reminds us in his writings. That mystery, the not-knowing, is compelling to me now as I turn the wheel one more time this week and become 65. I am celebrating this marker by weaving together a performance salon - [Acts of Faith](#) - comprised of fellow improvisers and social activists next Saturday afternoon, December 14 in Berkeley at Wildcat Studio.

20 years prior on my 45th, Wildcat was where I held a performance salon/benefit for Julia Butterfly, the young activist who occupied an old-growth redwood tree for over 2 years. Back then, the stakes felt high in terms of planetary preservation and restoration; 20 years later, it has become even more of a life and death issue. I knew immediately I wanted this event to be a fundraiser for a new generation of activists - [The Sunrise Movement](#). And it is in supporting them not only with the "green energy" of our donations but also with the blessing of performance art and the circle of witnesses that show up to manifest this vision that we all - individually and collectively - affirm our belief in a larger mystery.

These are truly "Acts of Faith" - trusting in the process and the not-knowing while moving in the unplanned moment, which is the essence of improvisation – and the Tao. And despite the burden of taking on the organization of this event, I believe something meaningful and of value will be revealed simply by showing up and bringing myself forward in the company of others.

This showing up and embarking on the mystery of somatic explorations with others has truly been a rewarding adventure these past five years of teaching online and creating a connected space. Wherever people are in the world and in their lives, our virtual meetings of embodied communion (yes, I know that sounds like an oxymoron!) are a touchstone and a constant returning to the simple practice of being a breathing body inhabiting space benevolently, generously and graciously. And in the calamitous larger world of fear, outrage, and distrust

present on a daily basis, this homecoming with ourselves and others is a welcome balm - and a different act of faith.

Please join me and a wondrous cast in Berkeley for a life-affirming reprieve;
or join me online in 2020 for sanctuary and replenishment with Embodied Mindfulness;
or simply take a pause online with the Breathing Room series of visual meditations from the natural world (my latest "Moving Stillness" can be found [here](#)).

Warmly,
Jamie

December 14: "Acts of Faith" Information and Tickets [here](#)

December 15: Earliest registration discount deadline for Embodied Mindfulness Module 1 beginning February 2, 2020 (\$325 now; \$375 after) Information [here](#)

2020 Planning Ahead

January 20-February 26: [Thinking Body, Sensing Mind Livestream](#) Online Class
Mondays & Wednesdays 8-8:45am Pacific Time

March 16-April 22: [Thinking Body, Sensing Mind Livestream](#) Online Class
Mondays & Wednesdays 8-8:45am Pacific Time

May 19-27: [Embodying Nature, Becoming Ourselves](#)
Grenoble, France

May 29-31: [Bringing Spirit into Form](#)
Toulouse, France

September 10-17: [Embodying Nature Creative Incubation Retreat](#) The Sea Ranch, CA

INFORMATION ON ALL EVENTS CAN BE FOUND [HERE](#)



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