



Thinking Body, Sensing Mind & The Art of Embodiment

"What I'm after isn't flexible bodies, but flexible brains. What I'm after is to restore each person to his or her human dignity." - Moshe Feldenkrais

It is not hard to be an awake, intelligent body - if you take the time and space with attention and grace to engage. Breath, vocalization, contact, movement and stillness are indigenous to your body and are readily available 24/7 to bring you back home to yourself. Even though that is the case, many people report it is a challenge to remember and take action. I am here to support you - wherever you are in the world - to create a consistent, ongoing practice that can endure with the ups and downs and many distractions of modern life! An advantage of attending live classes online is you create not only your comfortable (and comforting) environment, but you also can inhabit the work in your own way without the naturally occurring pitfalls of comparisons or judgments.

Thinking Body, Sensing Mind online class begins Tuesday, February 12 for six weeks on Tuesdays and Thursdays, from 8:30-9 AM PST (adjust for your particular time zone). The 12 sessions are designed to create a "maintenance diet" of breath, stillness, movement, alignment, and overall body awareness - **all for the delicious price of \$95.** (If you missed my last email announcing this class, you can still join on Thursday, February 14.)

Structure: The overall intention in this work is to create more comfort, ease, support and freedom in your breathing and moving. I guide you in an activity for 25 minutes, and then we finish with five minutes of personal reports/questions/next steps. During the guiding, you can follow the plan as much or as little as you like - you might find something that is more interesting to you, or more relevant for your needs in the moment, or you might want to linger in a part of the activity and not want to move onto the next step. Feel free to change, adapt, or ignore my input.

Follow-up: Each class will be recorded for playback whenever you wish to revisit the material. Hopefully, you will try on each session at least one or two other times. Each repetition creates more familiarity and more ease so what we are doing in session becomes second nature - metabolized, integrated and available for recall.

Embodied Mindfulness: If you are seeking a more comprehensive course of study, you might want to consider joining us in the upcoming **Embodied Mindfulness Module 1**. This somatic-expressive practice is pragmatic, easily repeatable and informed by years of dedicated research and practice. This online

immersion begins Sunday, February 17.

(I only send out 2 emails per month to lessen information overload. Updated information can always be found at my website [HERE](#))

Warmly,
Jamie

Embodied Mindfulness

[Introductory \(or Refresher\) Online Sessions](#)

February 16, 2019

[Module One Online Immersion](#)

Begins February 17, 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

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