

Somatic Expression® - Jamie McHugh
Body Wisdom for Modern Minds



Winter Ice (2022) www.naturebeingart.org

*"I know a cure for sadness.
Let your hands touch something that
makes your eyes smile.
I bet there are a hundred objects close by
that can do that.
Look at beauty's gift to us -
her power is so great she enlivens
the earth, the sky, our soul". - Mirabai (c.1498-1550)*

Dear Friends,

I had the pleasure this week of presenting some (hopefully!) cogent thoughts at two different online conferences and also guiding a unique somatic contemplation at each. What I took from the responses at both events was the recognition of a collective hunger for a "simple somatics" - calming the nervous system, savoring the sensate, and reviving ourselves amidst the complexities of modernity.

"Let your hands touch something that makes your eyes smile."

There is an expression in English: "I feel out of touch with myself." A simple somatic solution: touch yourself to get back in contact! Touch your torso, feel the movement of your breath, let out a sigh or two, and then pause. Notice how you are now: was there any discernible change in your inner tone? Did your back ease up, or your belly relax into its fullness? Did your shoulders drop, or your head rise? And are you smiling now?

The simple practices of breathing, touching, vocalizing, moving and coming to stillness that all infants explore as they come into being a body may not be lost or forgotten, only dormant and desiccated, waiting to be watered and reborn. Reclaiming and repurposing - cultivating and growing - remembering and restoring: your body is "*beauty's gift to us*".

Come join me for a class or lab series to inhabit the terrain of your own unique inner ecosystem.

Warmly,
Jamie

**Thinking Body, Sensing Mind:
Journeys in the Somatic Landscape**

February 14 - March 9

Series S) 10-11am Pacific Time, Mondays & Wednesdays

Series T) 4-5pm Pacific Time, Mondays & Wednesdays

Thinking Body, Sensing Mind is an 8 class series of progressive journeys into the inner landscape of the body designed to increase somatic awareness, relaxation, and presence. We settle into ourselves, slow down the tempo of living, and take some time for simply breathing and being. This restorative break from the world in the company of others online is a welcome oasis of calming introspection and tender self-care, providing the foundations of a daily practice for regenerating and sustaining our vital energies.

The 8 class series is offered as "pay what you are able" sliding scale (\$75-250), with all sessions recorded for participant downloading and playback.

Complete information and registration [HERE](#)

**Somatic Movement Lab Series:
Embodying the 5 Somatic Technologies**

February 26 & 27; March 12 & 13; March 26 & 27; April 9 & 10; and April 23 & 24

9am-noon Pacific time - Pay What You Are Able Sliding Scale: \$650-950

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.

The investigation of these natural technologies offer us the ability to renovate, cultivate and refine our somatic foundations as a way to inhabit more fully our presence and power. Just like technologies invented by humans, these somatic technologies can extend and amplify our evolutionary capacities and capabilities as human animals seeking to be fully born.

In this lab series, we will primarily experience, explore and discuss these five somatic technologies, and then apply them to our personal practice and to our work as somatic movement educators, therapists, coaches and guides between meetings. This lab is for committed learners, whether for personal or professional practice.

Each session, while related to the larger topic of movement, will have a distinct focus and a repertoire of specific practices:

#1 Breath - February 26 & 27

#2 Contact - March 12 & 13

#3 Stillness - March 26 & 27

#4 Vocalization - April 9 & 10

#5 Integration - April 23 & 24

All sessions are recorded for playback and download. You will also receive two 30 minute individual consults with Jamie online during the course of the program.

Complete information and registration [HERE](#)

March 6 - The Power of the Pause:

Breathing Room Online

9-10 AM Pacific time

4-5 PM Pacific time

Complete information and registration [HERE](#)

NEW: Somatic Expression in Nature - Embodying Your Place in the World

April – September 2022

Jamie McHugh and Guests

Pay What You Are Able Sliding Scale: \$650-950

Free Q & A: March 6, 10:30am Pacific Time

Complete information and registration [HERE](#)

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:
Resonant Reflections (2022)**



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