



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

"Things are not nearly so comprehensible and sayable as we are generally made to believe. Most experiences are unsayable; they come to fullness in a realm that words do not inhabit. And most unsayable of all are works of art, which - alongside our transient lives - mysteriously endure." - Rainer Maria Rilke, poet

Dear Friends,

I recently had the pleasure of reviving a performance piece from 2002 for a studio concert here on the Mendocino coast. "My Flag", with Joni Mitchell's "The Fiddle and the Drum", was originally created for a benefit I organized for the ACLU and Earthjustice as a birthday "fun-raiser" in San Francisco. Almost 16 years on, revisiting this piece anew, I was struck not only by the timeless character of its content, but also by its power to transform my aging body in the moment of performance. It brought back a memory of witnessing an elderly Native man in a ceremony nimbly and effortlessly dance around a fire when moments before he had been shuffling about in his "ordinary" body.

Performance and ritual ask us to step up our game - and in answering the call, we discover our "extraordinary body" and more of our true nature. Similarly, the political turmoil of the times is raising the ante and demanding the same response. I am very moved and inspired by the young people around the country taking action at this very moment in response to the recent school shooting, transforming trauma, grief and pain into embodied, collective action: moving and chanting together with purpose and intentionality. This too is a "work of art", a process that mysteriously endures from generation to generation, and it is in that spirit of grace and mystery that I continue my work: to support people in finding their breath of nurturance, their voice of potency, their body of

expression.

I look forward to sharing my work with you - in person or online.

Warmly,
Jamie

Upcoming Events

March 11: The Moving Art of Breathing and Sounding
Dancing Dog Loft, Ft Bragg, CA

March 17: Introduction to Embodied Mindfulness Online

March 24: Ecopsychology Conference sponsored by Holos Institute
EarthRise Center, Petaluma, CA

April 6-12: Department of Dance Residency
Denison University, Granville, OH

April 29: The Moving Art of Breathing and Sounding Online

May 6: Introduction to Embodied Mindfulness Online

September 6-16: Embodying Nature, Becoming Ourselves
Residential Retreat & Facilitator's Training
Sea Ranch, CA

For all information about these and other programs not listed, go [HERE](#)

Somatic Expression | naturebeingart@gmail.com |

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