

Somatic Expression® - Jamie McHugh
Body Wisdom for Modern Minds



Ice (2022) www.naturebeingart.org

"As we come to know the seriousness of the situation, the war, the racism, the poverty in our world, we come to realize that things will not be changed simply by words or demonstrations. Rather, it's a question of living one's life in a drastically different way." - Dorothy Day

"War is but a spectacular expression of our everyday behavior." – Krishnamurti

*"My heart is moved by all I cannot save:
so much has been destroyed
I have to cast my lot with those
who age after age, perversely,
with no extraordinary power,
reconstitute the world." - Adrienne Rich*

Dear Friends,
The invasion weighs heavily
startled into wakefulness once again
our global eyes watch the horror unfolding
this is the real deal - [Russians say "No War"](#)

Pay attention to the life preservers: keeping us afloat in these turbulent waters
holding their ground, replenishing the ground, persevering mightily despite dismay

[Dr Diana Beresford-Kroeger](#) and greening with climate change resilient [trees](#)

[Together Rising](#) and greening with dollars for Ukraine relief

These and many more **life preservers** carry on while war rages within and without.

My upcoming schedule continues to offer somatic resources for softening physical tensions,
tenderizing the heart and strengthening the mind's resolve for being a life preserver - in whatever
form that becomes you.

Warmly,
Jamie

The Power of the Pause: Breathing Room Online

Sunday, March 6 @ 9 AM Pacific time or 4PM Pacific time

FREE hour-long session - Complete information and registration [HERE](#)

Somatic Expression in Nature - Embodying Your Place in the World

Sunday, March 6 @ 10:30 AM Pacific time

Experiential Preview and Q&A for the upcoming course

FREE hour-long session - Register [HERE](#)

Thinking Body, Sensing Mind: Journeys in the Somatic Landscape

Mondays & Wednesdays, March 21-April 13

Series V) 10-11am Pacific Time

Series W) 4-5pm Pacific Time

Complete information and registration [HERE](#)

Somatic Expression in Nature - Embodying Your Place in the World

Jamie McHugh and Guests

April – September 2022

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:

Planetary Metensomatosis - Part 2 of the Pandemic Trilogy (2020-21)



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