



Somatic Expression®

Body Wisdom for Modern Times with Jamie McHugh

"I had no map to follow except my strong urge to experience our essential bio-lineage and my certainty that our existences were fed far beyond our cultural moorings. It is my belief that we carry in our cells, in our tissues, in the very throb of our existence an underlying flow that urges, inspires, flares our nostrils and beats our heart. This encompassing atmosphere of love has its own destiny - perhaps using humans as its messengers, this love has arrived on Earth." - Emilie Conrad

Dear Friends,

Here in Northern California, warm, sunny days are currently both a cause for concern AND a welcome respite from the cold and rain. I am delighted to be revived internally with new growth and to be out by the water's edge photographing once again. This month's image of the watery sea urchin reminds me of that moment during the minus tide - of stalking the wild, intent on finding a new moment of wonder to capture and then thrilled to transmit it to others. Somatics, art, performance and nature are for me personally all potent means for recalibrating and self-regulating, and I am grateful to be able to share these resources with others, especially online.

The new [Embodied Mindfulness](#) online training group cohort spans the globe from Alaska to Austria, and points in-between. It is a privilege to attune with a group of people over time as we cultivate the moving art of somatic stillness as an antidote to overwhelm and distraction.

In my new community, I was pleased to discover an old colleague, dancer Ann Woodhead. I am collaborating with her on 2 pieces this weekend at her studio while also resurrecting my piece from 2002, "My Flag". In March, I will offer one of my favorite workshops for the community - [The Moving Art of Breathing and Sounding](#).

At the end of February, I will be joining a group of Continuum teachers as a

guest presenter at Esalen Institute in Big Sur. This week will honor the creative, pioneering legacy of Continuum founder Emilie Conrad, who was a dear friend and teacher of mine for 20 years. It should be an inspiring and deeply regenerative week, so please join us on this inner journey at the edge of the continent in the lush embrace of Esalen.

Emilie, among others, is featured in my friend and colleague Martha Eddy's groundbreaking book "Mindful Movement: The Evolution of the Somatic Arts and Conscious Action" (2016). My review of her book along with reflections on our field was just published in the current issue of [Dance, Movement and Spiritualities](#).

Finally, my friend and colleague Jan Edl and Holos Institute are hosting a daylong Ecopsychology conference on March 24. I am honored to be presenting "Embodying Nature" at the conference alongside wonderful teachers, such as Joanna Macy and Bill Plotkin.

As you might gather from this email, so much of what I/we create, I/we do in supportive, collaborative relationship with genuine affection, sincerity and respect. And I take all of that positive energy from these collaborations and pass it along. I hope you can come join me - or any of my colleagues - on the ride!

Warmly,
Jamie

February 9-11: [Sunset in Winter Performance Event](#)
Dancing Dog Loft, Fort Bragg, CA

February 25 - March 2: [Continuum Movement: Honoring the Life and Work of Emilie Conrad](#) Esalen Institute, Big Sur, CA

March 11: [The Moving Art of Breathing and Sounding](#)
Dancing Dog Loft, Fort Bragg, CA

March 24: [Ecopsychology Conference](#)
Earthrise Center, Petaluma, CA

Somatic Expression | naturebeingart@gmail.com |

[**www.somaticexpression.com**](http://www.somaticexpression.com)



Copyright © 2017. All Rights Reserved.