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Jamie McHugh, MA, RSMT is a Registered Somatic Movement Therapist (ISMETA), somatic movement specialist, and interdisciplinary artist living in the Hudson River Valley of New York.

McHugh is the creator of Somatic Expression® - Body Wisdom for Modern Minds, an integrative approach to the art and craft of embodiment. [www.somaticexpression.com](http://www.somaticexpression.com)

He is also the creator of NatureBeingArt, abstract contemplative photography of the natural environment for both fine art reproductions and video streams, including two online collections of motional art for “soul-settling”: 7 Days of Beauty Project and The Breathing Room Series. [www.naturebeingart.org](http://www.naturebeingart.org)

McHugh offers trainings, workshops, classes, and individual sessions in pragmatic body wisdom and somatic literacy to empower individuals and groups in reclaiming bodily agency through the five indigenous technologies of the body: Breath/Vocalization/Contact/Movement/Stillness. The accessibility and simplicity of his approach comes from 45 years of personal and professional practice with a wide range of audiences in varied contexts.

From 1978-87, McHugh was a teacher of creative dance/drama in Madison, Wisconsin public schools, a director of children’s dance theater in Madison, and a National Endowment for the Arts Artist-in-Residence in K-12 education throughout the state.

He moved to the San Francisco Bay Area to apprentice with dance pioneer Anna Halprin at Tamalpa Institute in 1986, and consequently served as faculty there until 2017. McHugh was core faculty from 1988-94 and was involved with all levels of programming including the Training Program, the Healing Arts program for people with life-threatening illnesses, Community classes and Summer Intensives.

McHugh also initiated the development of a 2<sup>nd</sup> year professional training and a weekend training program with Daria Halprin, designed and taught a Movement Ritual Teacher’s Certification course in the training program from 1989-1997 and was the first liaison between Tamalpa and the International Movement Therapy Association (IMTA – now ISMETA), serving as a board member from 1992-1998.

In the San Francisco Bay Area, McHugh was also on faculty at John F. Kennedy University in the Master’s Program in Holistic Health Education from 1991-2015 where he taught practicums in somatic movement education. He was also affiliated with the Institute for Health and Healing at Columbia Pacific Medical Center and the San Francisco AIDS Foundation from 1998-2005.

On an international level, McHugh has presented his work since 1989 in Europe, Latin America and Asia. He was a consultant for the Swiss AIDS Federation and annual presenter of "Movement as Medicine" workshops for HIV+ people and their caregivers from 1997-2007. He also directed a Healing Arts Training Group in Dusseldorf, Germany from 1997-2007. Additionally, McHugh has been a guest teacher in diverse educational, artistic and healthcare settings, including L’Atelier de Paris, the Bristol (England) Cancer Center, Esalen Institute, Kobe (Japan) University, Stanford University, University of Wisconsin-Madison, and Alanus University (Germany).

McHugh has been published in various periodicals, including Contact Quarterly, Journal of Dance, Movement and Spiritualities and Yogi Times, and had a monthly column from 1996-97 in The Monthly Aspectarian (Chicago). His oral history "*Alive at the Edge: A Life in Dance*" was documented by the Legacy Project and is housed at the San Francisco Performing Arts Library. McHugh also contributed a

chapter to *“Hope Beneath Our Feet: Restoring Our Place in the Natural World”* edited by Martin Keogh (2010, North Atlantic Books) and was featured in *“Beauty is Experience: Dancing 50 and Beyond”* (2017) by Emmaly Wiederholt.

Besides Halprin, McHugh’s primary teachers over the years have included Marjorie Barstow (Alexander Technique), Bonnie Bainbridge Cohen (Body-Mind Centering), Emilie Conrad (Continuum), Thich Nhat Hanh (Engaged Buddhism), and Lorin Smith (Indigenous Healing).

Currently, McHugh serves on two advisory councils in the United States: Embodied Jewish Learning [www.embodiedjewishlearning.org](http://www.embodiedjewishlearning.org) and Continuum Movement [www.continuummovement.com](http://www.continuummovement.com) as well as offering his services pro bono to nonprofit organizations specializing in community healthcare and social justice.

From his early beginnings in 1978 as a creative dance specialist and community artist in public schools to his many years teaching somatic movement as a healing art practice, McHugh’s consistent mission throughout has been to make dance and movement accessible to every-body, to understand and explore the intelligence, humanity and self-regulating capacities of the body, and to support each person in developing an intimate and pro-active relationship with their own body.

*“Jamie McHugh is not adequately nor accurately described by words like dancer or movement therapist - he is much more for which there are no good words. Transformative artist may approach his ability to utilize the non-verbal (movement, vocalization, drawing) not only expressively but also conjointly with the psychological/insightful to promote a healing integration of awareness.”* - George F. Solomon, M.D.,  
Psychiatry and Biobehavioral Sciences, UCLA