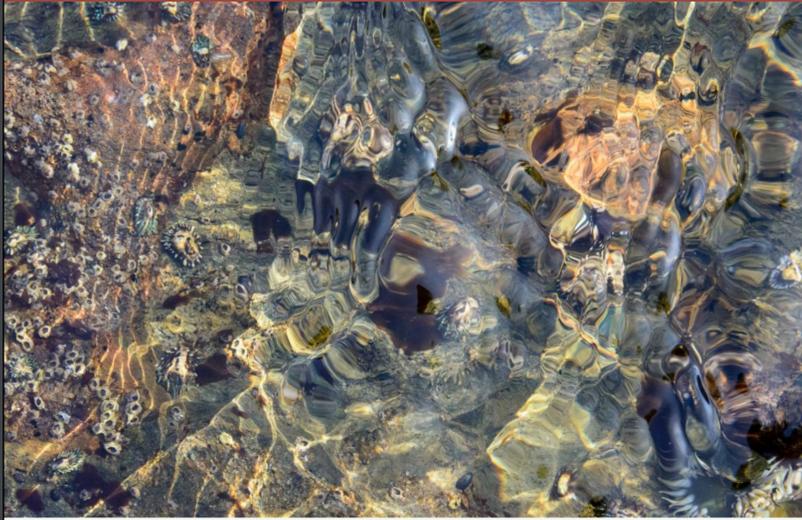




Somatic Expression® - Jamie McHugh Body Wisdom for Modern Times



Resonant Reflections #2 (2021) www.naturebeingart.org

"If the supreme disaster in the comprehensive story of the Earth is our present closing down of the major life systems of the planet, then the supreme need of our times is to bring about a healing of the Earth through this mutually enhancing human presence to the Earth community. To achieve this mode of presence a new type of sensitivity is needed, a sensitivity that is something more than romantic attachment to some of the more brilliant manifestations of the natural world. A sensitivity that comprehends the larger patterns of nature, its severe demands as well as its delightful aspects, and is willing to see the human diminish so that other life forms might flourish." - Thomas Berry, Theologian

Dear Friends,

As we careen into a New Year of ever more uncertainty, I am making a commitment to "keep the company of the wise", as the Buddha said. The Earthbody with all of its species is at the top of my wisdom list - as well as those who can see beyond the human drama that tends to eat up and eclipse the Great Work (as Berry calls it). I know for myself the ongoing discord in the body politic, coupled with the pandemic and climate chaos, can weigh heavy on my mind and tarnish my spirit. Attuning to the wild, the cosmological, and the mysterious with sensitivity, and being in the company of others who are similarly inclined, buffers and balances out being part of the harshness of the contemporary world.

In that vein, I am happy to present and participate in **The Nature Talks**, February 9-13. This experiential online gathering is dedicated to convening people who guide others into reconnecting with the planet through both ancient and modern methods. (Information/Registration [HERE](#))

I am also pleased to be a guest teacher in the **Embodied Meditation Teacher's Training** sponsored by Embodiment Unlimited. This 6-month online training, beginning January 25, brings a more comprehensive bodily focus to traditional meditation practices. (Information/Registration [HERE](#))

Journeying through inner and outer landscapes, reviving and renewing our connection to body, soul and spirit, continues to be the driver for my life's work. I am looking forward to widening my circle of the wise – and hope you can join me online in the special programs, or in one of my ongoing series, as we fall into a New Year of promises and perils, and amazing grace.

Warmly,
Jamie

PS: If you are new to Thomas Berry, check out this site dedicated to his work [HERE](#)

Thinking Body, Sensing Mind Online

Series P) January 10 - February 2: 4 weeks, Mondays & Wednesdays 10-11am PST

Series R) January 10 - February 2: 4 weeks, Mondays & Wednesdays 4-5pm PST

Thinking Body, Sensing Mind is a series of curated somatic journeys through the inner landscape to increase bodily awareness, relaxation, and presence. These journeys are derived from my Embodied Mindfulness protocol for exploring and internalizing the five basic somatic technologies: breath, vocalization, contact, movement and stillness while sitting or lying down. Each series continues a process of repeating a nuanced vocabulary of basic practices to formulate a unique repertoire of body-centered mindfulness, somatic explorations, and personal innovations for an intimate encounter with the not knowing, and a coming back home to ourselves. The focus of this new series will be on lying down and yielding into support for ease of movement, regeneration and revitalization. *All classes are recorded for download and playback.*

Sliding Scale: \$75-250 for 8 class series/ All information [HERE](#)

Somatic Movement Lab Series Online

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

9-Noon PST / 18:00-21:00 CET

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.

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.

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.

Sliding scale: \$650-950 / Group Size Limited - Register by January 26

Complete program information [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:
Portal - Descending Ascension (2021)



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