

Somatic Expression® with Jamie McHugh

Body Wisdom for Modern Times



Navarro River (2020) www.naturebeingart.org

Dear Friends,

In my newsletter at the end of 2020, I offered a collection of quotes that have been formative in my thinking about the necessity of cultivating a daily personal somatic-expressive-reflective practice to maintain and evolve our humanity. After editing the compilation I was aware I had selected all male voices. I imagined that had much to do with my primary somatic/experiential teachers being women, and my primary cognitive/reflective teachers being male. But I realized it was more than that as I also listen to many articulate and reflective female voices. Then I found the metaphor within nature and the body: I inhabit the stillness/structure of a male body on Earth interacting with the dance/flow of Water. This is reflected not only in the movement inquiry of Somatic Expression, but in the visual expression of NatureBeingArt too. The quotes last month highlighted the **stillness** of repetitive structure; and these quotes below highlight the **movement** of innovative change. I hope you enjoy these voices from the dance, and allow them to ripple through your soma and psyche with grace.

Warmly,
Jamie

(Below the quotes is a variety of upcoming offerings if you wish to enlarge your somatic-expressive repertoire in the company of others online.)

"In the beginning, there was not the word, but rather there was the symbolic action, a union of body and psyche. In the beginning, dance was the sacred language through which we communicated with the vast unknown. In these earliest times, the dancer was at the same time healer and priest." - Joan Chodorow

"To dance with waves, sand, birds and shells, to immerse ourselves in these earthly things, whether in jubilation at the earth's beauty or sadness over her ruin, or to simply participate in earth's small, unceasing, familiar rhythms is to embody a spirituality of naturalness. When we do these things, we are stitching ourselves into the tattered fabric of the earth. We are learning, as the Lakota Sioux say, "to live well in the natural world." - Sue Monk Kidd

"All the movements of the earth follow the lines of wave motion. Both sound and light travel in waves. The motion

of water, winds, trees, and plants progresses in waves. The flight of a bird and the movement of all animals follow lines like undulating waves. If then one seeks a point of physical beginning for the movement of the human body, there is a clue in the undulation of the wave." - Isadora Duncan

"We are basically fluid beings that have arrived on land. All living processes owe their lineage to the movement of water. Our implicate preexistent memory beginning with the first cell, lies in the mysterious deep, quietly undulating, circulating, nourishing this aquatic being on its mission to planet earth. God is not elsewhere, but is moving through our cells and in every part of us with its undulating message. The fluid presence in our bodies is our fundamental environment; we are the moving water brought to land." - Emilie Conrad

*"The great sea has sent me adrift;
it moves me
like a reed in a great river.
Earth and the great weather move me,
have carried me away,
and fill my inward parts with joy."
- Uvavnuuk, Iglulik woman shaman*

THE POWER OF THE PAUSE: BREATHING ROOM **January 23, 9:30-10:30am or 4-5pm PST**

A practical somatic tool for dissipating anxiety and stabilizing attention - experience 360 degree breathing and individual variations in these FREE hourlong sessions. Open to all. REGISTRATION & FUTURE DATES/TIMES [HERE](#)

THINKING BODY, SENSING MIND SERIES **BEGINS FEBRUARY 1 Mondays and Wednesdays, 10am or 4pm PST for 4 weeks**

A progressive sequence of journeys into the inner landscape of the body designed to increase awareness, relaxation, and presence by highlighting sensory experience with the basics: breath, vocalization, alignment, self-contact, and subtle movement. Some somatic or meditative experience needed. Pay what you are able sliding scale: \$50-250 REGISTRATION INFORMATION [HERE](#)

INDIVIDUAL SESSIONS

I am offering individual somatic coaching sessions online as a one-time consult - or in an ongoing way - with a "pay what you are able" sliding scale in light of the current global financial uncertainty. More about individual sessions [HERE](#)

30 minutes (\$40-90) or 60 minutes (\$70-160)
Reply to this email to schedule a session.

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.

VIDEO: Breathing Room #12: The Great Sea



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