



“The passion in the earth's whisper grew so loud I woke.” - Meister Eckhart

Dear friends,

I have always appreciated the Chinese medicine model as a way of looking at how the body organizes and expresses itself in relationship to the seasons. Winter is the season where we condense and pull in; it is a wonderful time to nourish ourselves in preparation for the outward expanding exuberance of Spring. This is one of the reasons I offer the Embodied Mindfulness Module One in the Winter months - to focus on the art of stillness with this contemplative somatic practice so it is deeply embedded in the soma and psyche by the time the busyness of Spring kicks in!

Your ability to slow down time, take a pause, and sense within is not only good medicine for your body and mind but is also beneficial for society. Degradation of our attention and our reflective capacity through the stress of constant stimulus promotes more reactivity and unnecessary conflict. To be a peaceful warrior requires the discipline of a practice - and there are many paths available to choose from. What I have discovered from my own journey is: *knowing* is different than *experiencing*, especially in a consistent, embodied manner. My mission is to encourage the cultivation of a daily practice that each individual creates for themselves - a practice that is both consistent and mutable, repeatable and adaptable, formalized and improvised. Experiment, explore and grow your garden well!

For the dedicated student of somatics and contemplative practice, the Embodied Mindfulness Module One Immersion begins Sunday, February 10. Applications are still being accepted - all information can be found [here](#)

And introducing a **new online course - Thinking Body/Sensing Mind** begins February 12, and is offered Tuesdays & Thursdays, 8:30-9am (Pacific Time). This six-week series of twice weekly 30-minute sessions is for both newbies who want to ease into a daily bodymind practice as well as for old-timers who want to practice in the company of others in a consistent way.

These 30-minute experiences are designed to create more physical ease and self-awareness by exploring the basics: breath, alignment, self-contact, and subtle movement while lying down, sitting and standing. Each session is also recorded for participant downloading for future use. Registration information is [here](#)

And for those of you in Europe, take advantage of the early registration discounts for my Spring events in Switzerland and France. I will be in Bern May 24-26 for a weekend of breathing, vocalizing, and settling indoors and outdoors; and in the French Alps, May 31 – June 9 for my “Embodying Nature” intensive retreat for professionals who want to bring somatic-expressive practices into the natural environment.

All details can be found here: [Bern Weekend](#) and [French Retreat](#)

When you are online and need to let your mind wander with a dose of beauty, the “Breathing Room” series playlist of six unique videos is freely available on YouTube [here](#)

In spirit,
Jamie

SHARE

