



The Soil of Contemplation

"Being mindful is not a matter of thinking more clearly about experience; it is the act of experiencing more clearly, including the arising of thoughts themselves. Mindfulness is a vivid awareness of whatever is appearing...One of the great strengths of this technique of meditation, from a secular point of view, is that it does not require us to adopt any cultural affectations or unjustified beliefs. It simply demands that we pay close attention to the flow of experience in each moment." - Sam Harris

"What we plant in the soil of contemplation we shall reap in the harvest of action." - Meister Eckhart

Dear Friends,

I am happy to share my latest video for your viewing pleasure: Breathing Room Series #5 - The Soil of Contemplation. The Breathing Room Series of contemplative motion art is inspired by the Somaesthetic philosophy of Richard Shusterman.

Somaesthetics is the practice of cultivating the sense perceptions of our bodies in order to heighten our aliveness so we can engage with everyday life as an aesthetic experience.

The first step in this process is invoking the basic rhythmic action of breathing to slow down time and let the brain deeply rest - a simple way to bring balance and healing to your soma. And as your body settles in place, your mind can wander as you watch these videos and receive the beauty I have witnessed and captured in my encounters with the natural world.

I have often been asked by people if I can teach them to photograph the way I do. I really don't know how to do that - but I do know how to teach slowing down, becoming mutually present to the inner and outer landscapes, and paying attention. This is the essence of my Embodied Mindfulness and Embodying Nature curriculums, which are both truly the foundation of my artistic (and life) practice.

All of the Breathing Room videos are freely available on YouTube; please enjoy them whenever you want to take a pause for yourself - and share with friends.

If you are interested in Embodied Mindfulness, join us online this Sunday for the final introductory session before the Module One Immersion begins February 10, and the day before the early registration discount ends. Consider giving yourself the gift of a creative, generative structure for deepening somatic resourcefulness and cultivating space within.

Warmly,
Jamie

Embodied Mindfulness

Introductory 75" Online Class – By Donation (\$15-25 Suggested)
Sunday, January 13, 9am Pacific Time

**To register and receive log-in information, send a donation via Paypal to:
naturebeingart@gmail.com**

EMBODIED MINDFULNESS is a somatic approach to traditional contemplative sitting practice developed by Jamie McHugh to enliven your body and quiet your mind.

In this 75-minute online interactive class, you are guided through 3 sequential practices with time between each practice for exploration and personal reflection

This class will also be recorded for you to download and enjoy at a future time.

The introductory class is a sample of the Embodied Mindfulness template that is used worldwide by people ages 20-85 at all levels of physical conditioning. Yoga and movement teachers, therapists, educators and life coaches, as well as people seeking more calm and ease in their lives, can benefit from this integrative approach to the body and its expression of lively stillness.

Read a theoretical overview of Embodied Mindfulness [HERE](#)

2019 Embodied Mindfulness Online Module 1

6 Consecutive Sundays - February 10, 17 & 24; March 3, 10, & 17
9 AM-noon West Coast; noon-3 PM East Coast; 6-9 PM Europe

Retreat - March 31 8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

This immersion in the practice and theory of Embodied Mindfulness is designed to generate an easily repeatable individual daily somatic sitting practice to cultivate greater degrees of ease, patience and focus while nurturing one's well-being. Over the course of the program, you will learn a developmental sequence of 30 body-based practices for stillness.

FEE: Early Bird Rate: \$595 by January 14; \$650 After

Includes 18 hours of live online classes, a 5-hour online retreat, audio recordings of all practices and theory, 3 individual online sessions with Jamie, and assorted readings. Group size is limited to 12. More information [HERE](#)

Planning Ahead in 2019

Embodying Nature

[French Alps](#)

May 31-June 9, 2019

[California Coast](#)

September 7-15, 2019

Bringing Spirit into Form

[Bern, Switzerland](#)

May 24-26, 2019

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Breathing Room Series: #5 - The Soil of Contemplation from [NatureBeingArt](#) below

