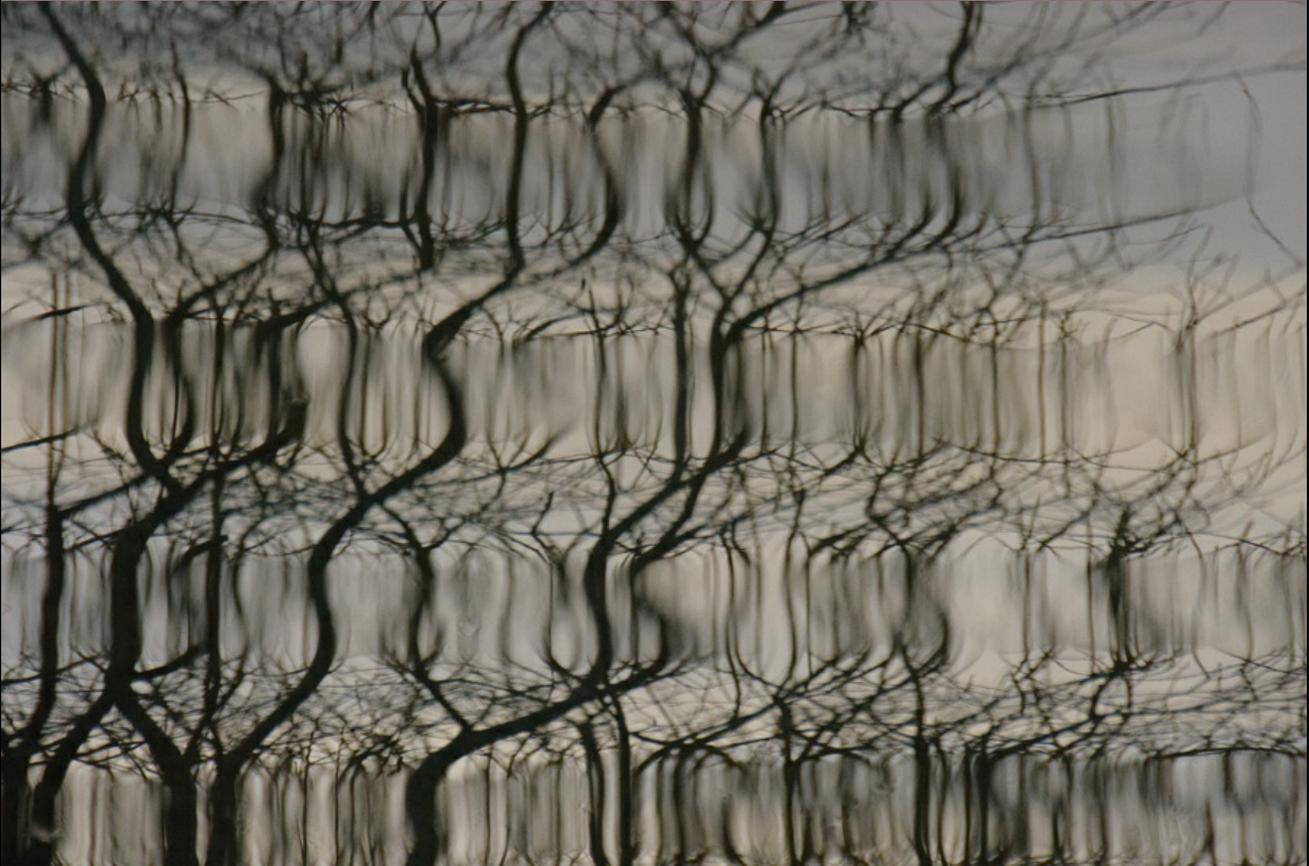


Somatic Expression® with Jamie McHugh
Body Wisdom for Modern Times



Ripple #9 (2020) www.naturebeingart.org

"The drive for attachment can be even more potent than the drive for self-preservation." Steven Dubovsky

"When the great swing has taken an individual into the world of symbolic mysteries, nothing comes of it, nothing can come of it, unless it has been associated with the earth, unless it has happened when that individual was in the body... And so individuation can only take place if you first return to the body, to your earth, only then does it become true." - C.G. Jung

Dear Friends,

As I digest the staggering events of the week in Washington, DC, I am once again reminded of how powerful demagogues have always preyed on human vulnerability, especially with the allure of belonging and attachment.

The first time I read Steven Dubovsky's quote 25 years ago, I was stunned by its breathtaking implications, and how much our self-hood is potentially at risk due to our innate need to attach. If we don't value our senses and our perceptions, do not have a primary relationship with ourselves and the larger body of the Earth, it is easy to surrender to unconscious drives and unhealthy attachments.

My mission as an educator is to give people essential somatic resources and a map for cultivating their own daily personal somatic-expressive-reflective practice as a primary act of liberation - to land in themselves, find their own ground, and establish a benevolent relationship with their own experience. With this self-solidity, it is easier to become buoyant, flexible and resilient - and attach with others from a more secure and individuated center.

As the Buddha said: "Keep the company of the wise." May we all remember our implicit wisdom and that of other life forms as we create our own circles of mutual support and ethical accountability.

Warmly,
Jamie

**NEW: SOMATIC SKILLS LAB SERIES
BEGINS JANUARY 17 (9AM-NOON)**

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. Just like technologies invented by humans, these somatic technologies can extend and amplify our evolutionary capacities and capabilities as human animals seeking to be fully born.

In this 5 session series, we will explore, discuss and apply these five somatic technologies to our personal practice and to our work as somatic movement educators, therapists, coaches and guides. This lab is for committed learners, whether for personal or professional practice. Some somatic or meditative experience needed.

Each session, while related to the larger topic of movement, will have a distinct focus and a repertoire of specific practices:

- #1 Breath - January 17
- #2 Contact - January 31
- #3 Stillness - February 14
- #4 Vocalization - February 28
- #5 Integration - March 14

Pay What You Are Able Sliding Scale: \$175-500
ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

**THE POWER OF THE PAUSE: BREATHING ROOM
JANUARY 23, 9:30-10:30am or 4-5pm Pacific Time**

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 Pacific Time 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
ADDITIONAL INFORMATION / REGISTRATION [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 #7 - Earth's Whisper



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