



Somatic Expression® - Jamie McHugh
Body Wisdom for Modern Times



Taking Flight (2020) www.naturebeingart.org

"One thing I have learned in a long life: that all our science, measured against reality, is primitive and childlike. We still do not know one thousandth of one percent of what nature has revealed to us. It is entirely possible that behind the perception of our senses, worlds are hidden of which we are unaware." – Einstein

"The winds of grace are always blowing, but we must raise our sails." – Sri Ramakrishna

"Leap - and the net will appear." - Julia Cameron

Dear Friends,

In late February 2020 (right before the pandemic arose) I was at the beach for sunset when I met a young man camping there for the night. We spent some time chatting around his campfire when I discovered he was riding a **unicycle** from Seattle to LA down Hwy 1, and then across the South on an adventure called "The Big Year", a tradition among birders to see how many unique species of birds they can count in one year.

What made the encounter even more surrealistic (as if riding a unicycle down Hwy 1 wasn't strange enough!) was he mentioned a book he was reading: "Zen and the Art of Motorcycle Maintenance", a book I had read 45 years earlier and had just thought about 2 hours prior to our chance meeting!

Yesterday, I was walking back from a favorite spot of mine at the ocean, and met a young man sitting next to the trailhead. As we chatted, I discovered he had left his home in Illinois in January heading south and then west on foot, and was enroute up Hwy 1 to Seattle, walking 30-35 miles a day. He wanted to approach REI headquarters once he was in the PNW to sponsor him walking through every National Park in the US as a way to raise \$ for youth mentorship. Wow!

Exit to Enter: *Leaving one place to arrive at another; shedding one skin to grow another; crossing over a threshold and beginning anew.*

As you might imagine, both of these occurrences felt a bit like the old TV show "The Twilight Zone" - did that really happen? And yet in the wakeful dream state, it was confirmation of the mystery of life beckoning through non-ordinary encounters, hunches, intuitions and random opportunities, inviting action and demanding trust.

After 35 years more or less as a Californian, my husband and I are taking the leap of faith to move to the Hudson River Valley in New York. September will see me on the road, traversing by car the immense width of this country and taking stock of what lies ahead, literally and metaphorically. I can give many "reasons" for the move, but suffice it to say, "worlds are hidden of which we are unaware".

And proof of that is certainly obvious once you witness a new-found discovery of mine: the intricate pre-GPS Waggle Dance of honey bees [here!](#)

Finally, please enjoy this delightful interview and profile of my work: "The Neo-Luddite and the Dance" with Victoria Thomas in The Sublime [here](#).

Warmly,
Jamie

Upcoming Offerings

The Power of the Pause: Breathing Room

Sunday, July 25: 4-5pm PDT
Saturday, August 21: 9-10am PDT
Sunday, August 22: 4-5pm PDT

Experience 360 degree breathing and individual variations in these FREE hour-long sessions. This practical somatic tool for dissipating anxiety and stabilizing attention is simple, accessible and easily repeatable. Open to all, these sessions are a good introduction to basic somatic practice and the class series "Thinking Body, Sensing Mind".

REGISTRATION & FUTURE DATES/TIMES [HERE](#)

Thinking Body, Sensing Mind (will resume in October)

Former participants of Thinking Body, Sensing Mind are welcome to join senior practitioner Kate Cleary in August and/or September on Mondays and Wednesdays, 4-5pm PDT for a continuation/practice group.

Contact her for more 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 (\$45-90) or 60 minutes (\$80-160)
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.

FEATURED NEW VIDEO

Breathing Room Series: #13 - Oasis (2021)



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