



## **Remembering Emilie Conrad on her 84th Birthday**

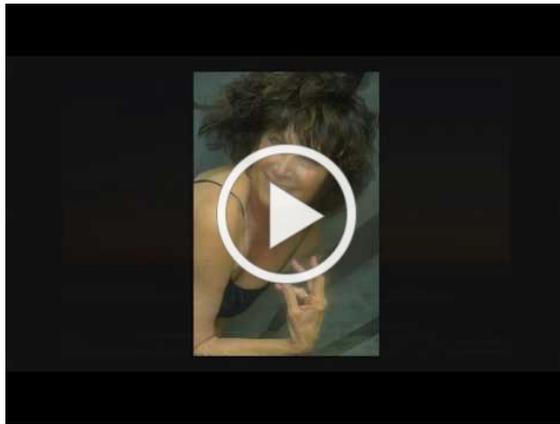
*"For years, I had a recurring image of the movement of fish dissolving into the undulating waves of the ocean, becoming one inseparable reality. I felt that somewhere in a secret long ago, we were all swimming with the very same boundless wave movements of ocean fish, and if only I could discover how to get there, the "real" world would be revealed to me.*

*What I saw was how the undulating wave movements of the Haitian prayer became the connecting link to our spiritual bio-world. At last I saw the movement of ocean fish personified in human movement. I knew in that moment that these fluid undulating movements transcended time, place or culture and provided the crucial connection, linking organism to environment as an unbroken whole.*

*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, creator of Continuum Movement® (1934-2014)*

My first encounter with Emile was in a workshop at Esalen Institute in 1994, which became the beginning of a delightful, stimulating and always entertaining 20-year friendship and mentorship. We shared a mutual fascination with the phenomena of water, and all the varied ways that fluid intelligence could be accessed - somatically, perceptually, and aesthetically. She guided me into the mysteries of breath and vocalization as the motivators and shapers of intrinsic movement. She was my muse for the solo performance-ceremony "Alive at the Edge: Field Notes from an Endangered Species" that I toured throughout North America and Europe for two years, constantly reminding me of my "sacred duty" to perform this grueling piece "on behalf of my community" when my spirits would wane. And she became one of the early champions of my shift into the art world in 2007 with my images from the water's edge - [NatureBeingArt](#) - that for her clearly encapsulated the fluid dance.

So I take this day of her birth to remember all of our various adventures together and her wild, woolly and wondrous spirit. And I carry with me those three dimensions of her influence - explorations in breath and vocalization; collective ceremony; and art medicine - into the world of form so her spirit lives and continues its "broad brush strokes" of magic.



### **BRINGING SPIRIT INTO FORM: THE MOVING ART OF BREATHING AND SOUNDING ONLINE**

**July 15; September 2; December 9  
9-11:30am Pacific Time**

**\$40/class** Register for all 3 classes by July 13 for \$100 and save \$20.

These online classes will be recorded and available for playback to all participants.

Breath is the primary mover of the body; vocalization is breath vibrated and expressed; and movement is breath made visible. In this online workshop, a progressive series of breath and vocalization resources drawn from Continuum, Taoist medicine, and other traditions are offered in a coherent sequence to explore and weave together in a dynamic rhythm of movement and stillness. More information and registration [HERE](#)

### **EMBODIED MINDFULNESS ONLINE - JULY 7, 9am INTRODUCTORY 90 MINUTE CLASS BY DONATION**

**EMBODIED MINDFULNESS** is a somatic approach to traditional contemplative sitting practice developed by Jamie McHugh. In this 90 minute online interactive class, you are guided through 2 practices to enliven your body and quiet your mind. Between each practice there is time for exploration and personal reflection followed by a brief question and answer period. To register and receive log-in information, send a donation via Paypal to: naturebeingart@gmail.com Suggested donation: \$10-25

### **EMBODYING NATURE, BECOMING OURSELVES RETREAT/ FACILITATOR TRAINING SEA RANCH, CA SEPTEMBER 6-16, 2018 1 Space Left - Apply Today**

Embodying Nature is a somatic-expressive practice developed by Jamie McHugh for expanding and deepening our relationship with the natural world. This experiential, hands-on process is simple, inclusive and easy to understand and has been taught to various groups in the landscapes of North America and Europe over the past 30 years. **Details in the enclosed PDF: [EMBODYING NATURE](#)**

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