

# Somatic Expression® with Jamie McHugh

## Body Wisdom for Modern Times



Ocean Rock (2020) [www.naturebeingart.org](http://www.naturebeingart.org)

*"Mosses and other small beings issue an invitation to dwell for a time right at the limits of ordinary perception. All it requires of us is attentiveness. Look in a certain way and a whole new world can be revealed." - Robin Wall Kimmerer*

Dear Friends,

As we enter yet another month of the evolving pandemic, I am aware of all the distressing information cascading through my news feeds. It requires so much stamina to stay informed and awake to the moment without being overwhelmed by this avalanche. How and when do we pause, take a break, redirect attention and settle anew?

When we journey through the inner landscape of the body with ease, attention, and curiosity, we discover the unexpected and the unforeseen. These interior explorations have always reminded me of time outdoors, leaving the human pathway and meandering along deer and other animal trails, or wandering along the fluid choreography of streams. Being off the path requires increased presence in tandem with the thrill of the unknown – the brain's amygdala rises to the occasion with extra attention, making it even more important to modulate the activation with relaxation so the experience is one of enhanced perception instead of escalating fear.

Directing your attention to the "small beings" of nature in your outer environment as well as to the subtle mysteries of your interior through somatic practice helps restore the burdened mind. And, as know, lightening the load ultimately makes us more available for the work that needs to be done - in our relationships, in our communities and in the larger world.

I hope you can join us in this collective practice of **taking time out by taking time within** during these next weeks and gift yourself with some breathing room, somatic replenishment, creative explorations and new perspectives.

Warmly,  
Jamie

*The community continues to support me as I support the community with these online sessions -*

another round of upcoming free and pay what you can donation classes are beginning in July. Here are some ways to participate:

## THE POWER OF THE PAUSE: BREATHING ROOM ONLINE

FREE HOUR-LONG CLASS FOR RETURNING & RETUNING WITH 360 DEGREE BREATHING

These hour-long gatherings are guided in real-time to offer some practical somatic tools for dissipating anxiety and stabilizing attention. The session will consist of a 5-minute introduction, a 45-minute experience with a primary focus on 360 degree breathing and individual variations, and 10 minutes for reflection. DATES, TIMES AND REGISTRATION [HERE](#)

## THINKING BODY, SENSING MIND (COVID-19 EDITION)

**THINKING BODY, SENSING MIND** is an online series designed to create more physical ease, freedom and self-awareness by exploring the basics: breath, alignment, self-contact, and subtle movement while initially sitting.

We create a restorative break from the world by giving spacious attention to our bodies in movement and stillness.

With so much anxiety and uncertainty presently in the world, the return to the breathing body in the company of others is a much-needed oasis of calm and a soulful sanctuary of artful exploration. *All sessions are recorded for participant downloading and playback*

H) **July 6-29**: 4 Week Series, Mondays & Wednesdays 10-11am Pacific Time

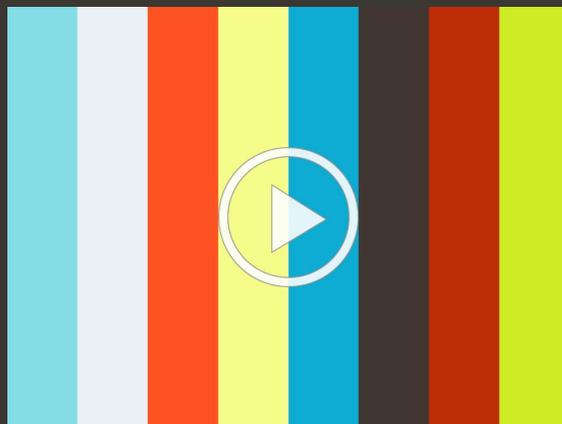
I) **July 6-29**: 4 Week Series, Mondays & Wednesdays 4-5pm Pacific Time

REGISTRATION INFORMATION [HERE](#)

## SOMATICA POETICA SERIES BEGINS IN AUGUST

Connecting the realm of written/expressed language with somatic explorations to bring forward another intelligence **INTRODUCTORY SESSION July 12 - Information**[HERE](#)

**NEW VIDEO**: "Awakening Earth – Spring" Part 1 of the Pandemic Trilogy (2020) - a 20 minute journey to connect the interior of your breathing body with outer representations of the natural world. Music by [In The Branches](#)



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