

Somatic Expression®

Body Wisdom for Modern Times with Jamie McHugh

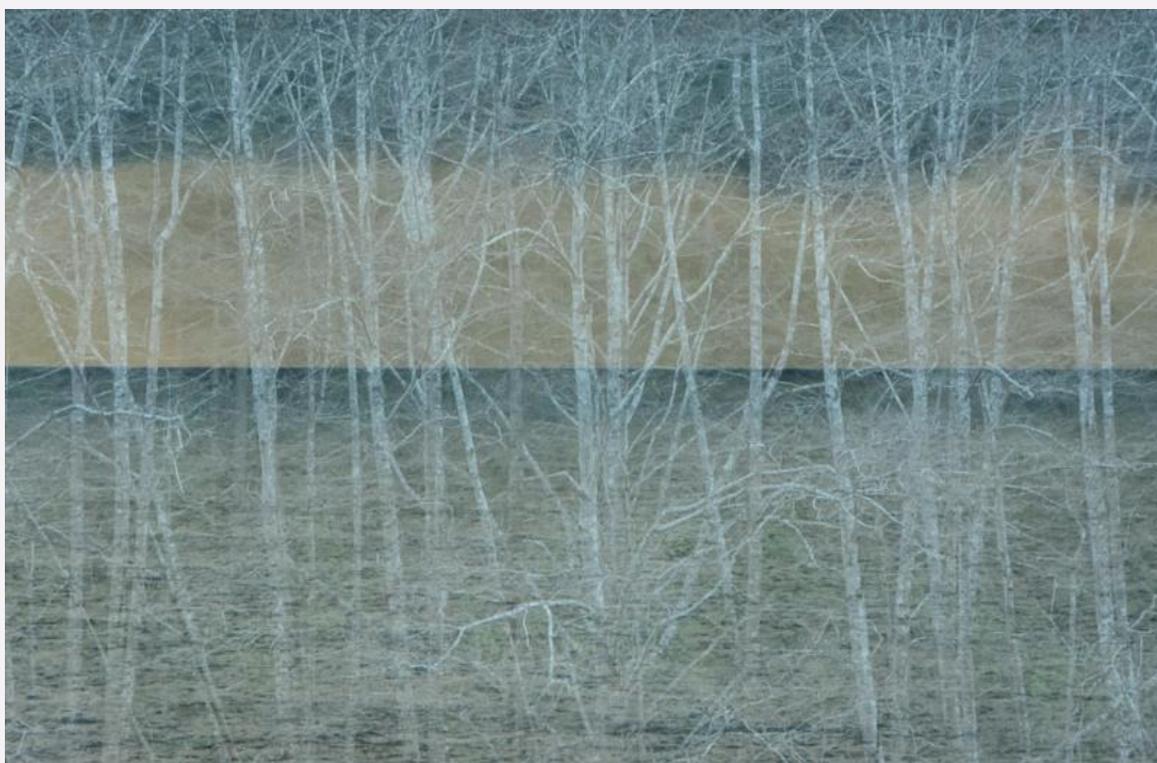


Image: Landschaft #4 (2019) www.naturebeingart.org

"Soon the child's clear eye is clouded over by ideas and opinions, preconceptions, and abstractions. Simple free being becomes encrusted with the burdensome armor of the ego. Not until years later does an instinct come that a vital sense of mystery has been withdrawn. The sun glints through the pines and the heart is pierced in a moment of beauty and strange pain, like a memory of paradise. After that day, we become seekers." - Peter Matthiessen

"When I let go of what I am, I become what I might be." - Lao Tzu

Embodying Nature, Becoming Ourselves: Trainings in France and California 2019

In **Embodying Nature**, we immerse ourselves in the vibrant dreamscape of our bodies and the natural world to discover more of who we are and what we can be.

The protocol, developed by Jamie McHugh over the past 30 years, combines specific tools and activities with a conceptual map for sensorial engagement in the natural environment.

We activate and prime the inner landscape with the 5 somatic technologies (breath, vocalization, contact, movement and stillness) to explore the outer landscape with the 5 stage map (contact, witness, mirror, respond and rest).

What emerges in this creative encounter is the sensorimotor consciousness of the child in an adult body - a fluid unwinding of spontaneous dances, intuitive songs, and silent contemplations that interweaves our internal rhythms of activity/rest with the larger body of the Earth.

Embodying Nature trainings are designed for the experienced professional interested in the confluence of somatics and the expressive arts (dance, song and creative writing) as a means for accessing the healing and regenerative capacities of the natural environment.

The application of this protocol is as diverse as the individuals who attend; it has been used as a springboard for performance, art, creative writing, environmental education and ecopsychology.

Click on the highlighted links below for registration information and application.

French Alps

May 31-June 9, 2019 (early registration deadline: March 1)

California Coast

September 7-15, 2019 (early registration deadline: May 15)

Other Upcoming Events

April 6-7 Holos 2019 Ecopsychology Conference Petaluma, CA
Emergent Truth in Soulful Times: How do we Face, Speak and Act in Truth in a World of

May 24-26 [Bringing Spirit into Form Workshop](#) Tanz Kunst Werk, Bern, Switzerland

NatureBeingArt

Jamie McHugh's visual art is available for purchase [here](#). Part of the proceeds from the work support environmental advocacy organizations as well as the production of the "Breathing Room Series" of videos that are freely available to all on YouTube.

Give yourself 10 minutes of breathing room and a somaesthetic journey into the beauty of the natural world whenever you wish! Breathing Room #5 is embedded below, and the complete playlist of 6 videos can be found [here](#).

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

