

Somatic Expression® - Jamie McHugh
Body Wisdom for Modern Minds



Downstream (2018) www.naturebeingart.org

For the Children by Gary Snyder (1974)

*The rising hills, the slopes,
of statistics
lie before us,
the steep climb
of everything, going up,
up, as we all
go down.
In the next century
or the one beyond that,
they say,
are valleys, pastures,
we can meet there in peace
if we make it.
To climb these coming crests
one word to you, to
you and your children:
stay together
learn the flowers
go light*

Dear Friends,

We appear to be having the last snow of the season today as Spring begins to rear its tentative head here in the Hudson River Valley - longer days of light, temperatures creeping upward, buds forming and various birds serenading us in the morn.

"We can meet there in peace - if we make it" Will we?

The tragedy of war - against people, places and species - currently eclipses my excitement about the changing of the seasons and yet, it is precisely that the seasons are changing, life continues in predictable cycles, and beauty and magic abound all around that is keeping me afloat. The fierce collective push back from the Ukrainian people and their allies, like the forces

underground rising up to break through the hard-packed surfaces, inspires my determination to persist. And the counterculture maxim from the 70's "Live simply that others may simply live" reminds me to be resolute in paying attention to what is worth paying attention to - and living an uncluttered life to the best of my ability.

As Gary Snyder wrote almost 50 years ago:

*stay together
learn the flowers
go light*

May it be so.

Warmly,
Jamie

PS Upcoming community journeys online and out in the field for lightening up the tensions that bind, and paying attention to the larger landscape of life within and without...

Thinking Body, Sensing Mind: Journeys in the Somatic Landscape **Mondays & Wednesdays, March 21-April 13**

Series V) 10-11am Pacific Time
Series W) 4-5pm Pacific Time

Thinking Body, Sensing Mind is a progressive series of journeys into the inner landscape of the body designed to increase awareness, relaxation, and presence by highlighting sensory experience. We gift ourselves with breathing room and create a restorative break from the outside world by giving spacious attention to our bodies in movement and stillness. The structure encourages individual responses, creating a self-directed rhythm of focusing on the guided path and wandering off the path as much as one desires. These somatic-expressive explorations are derived from the [Embodied Mindfulness](#) protocol for exploring and internalizing the five basic somatic technologies: breath, vocalization, contact, movement and stillness. The upcoming series is based on laying down to maximize relaxation, decompression and yielding into support.

Complete information and registration [HERE](#)

Somatic Expression in Nature - Embodying Your Place in the World

Online with Jamie McHugh and Guests, April – September 2022

Complete program information and registration [HERE](#)

Make space in your life to enter into an active relationship with your bioregion, discover from your own practice of exploration what nature has to offer to you, and uncover what you have to offer in return.

Embodying Nature/Somatic Expression combines the fullness of sensorimotor engagement with aesthetic creativity in the natural environment. What makes this approach unique is the confluence of mindfulness, bodyfulness and playfulness as a pathway into a deep relationship with the larger body of the planet.

This online and in the field laboratory is for people who want to commit to somatic-expressive engagement with the natural environment for 6 months – as a meditative experience; as a creative experience; as a spiritual experience; or as a social experience.

Program Outline

- Group experiential online meetings 1x/month for 6 months
- Specific focus for your explorations of the inner and outer landscape
- Individual consultation with Jamie (6 - 30 minute consults scheduled during the course)
- Guest presentations from experienced Embodying Nature practitioners
- Selected readings and videos to offer different aesthetic/social/cultural perspectives
- Small group check-ins for resource sharing and collaboration

For the past 30 years, the Embodying Nature/Somatic Expression protocol has been developed through trial and error, witnessing and responding, recycling and clarifying. The application of the model is as diverse as the individuals who use it - as a foundation for performance, visual art, writing, environmental education and ecopsychology. More about the Embodying Nature model

[HERE](#)

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 VIDEO:
Breathing Room #6: Koan**



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