

# Somatic Expression® with Jamie McHugh

## Body Wisdom for Modern Times



Water #8 (2018) [www.naturebeingart.org](http://www.naturebeingart.org)

*"Happiness is not an individual matter. When you are able to bring relief, or bring back the smile to one person, not only that person profits, but you also profit. The deepest happiness you can have comes from that capacity to help relieve the suffering of others. So if we have the habit of being peace, then there is a natural tendency for us to go in the direction of service." - Thich Nhat Hanh*

Dear Friends,

Our bodies have intrinsic healing and self-regulating capacities if we attend to them intelligently and compassionately; the reverberation from each day's news truly requires the ongoing nourishment of basic soothing and somatic self-care. Offering **7 Days of Breathing Room** last week brought me much happiness (and a needed reprieve from helplessness) as I witnessed people becoming attuned to and present with their inner landscape - and reporting afterwards relief, ease, peace and, for some, the first good night's sleep in some time.

I have decided to do another round of **7 Days of Breathing Room** drop-in sessions, as well as **Breathing Room Expanded** - a 3-session series. The uncertainty of the times is creating a lot of financial stress for people, especially for those in the freelance and service economy, so I am continuing these sessions **Free** and **By Donation**. *Please contribute as you are able and spread the word in your networks.*

Contributions to support 7 Days of Breathing can be sent via Paypal to: [naturebeingart@gmail.com](mailto:naturebeingart@gmail.com)

These days we are rapidly learning to follow what the late Buddhist teacher Steven Levine called "The Braille Method" (feeling our way through the dark, moment by moment) as our future plans and comfortable habits are disrupted and constantly revised.

I hope by creating a predictable structure over the next few weeks, a place to come for an hour of soma, soul and community, we can all support each other in lowering our individual and collective anxiety, and mobilize our energy for benevolent social change.

*I am here for me – I am here for you – I am here for us.*

Warmly,  
Jamie

### **7 Days of Breathing Room Drop-in**

**March 29-April 4 9:30AM Pacific Time**

Daily One Hour Livestream Online Guided Practices for Calming COVID-19 Anxiety

These hour-long gatherings are guided in real-time online to offer some practical somatic tools for dissipating anxiety and stabilizing attention in the comfort of your own home.

Register [Here](#)

You can share this event with your friends on Facebook [Here](#)

### **Breathing Room Expanded**

We will build on the basic 360 degree breathing from 7 Days of Breathing Room by diversifying our somatic resources and expanding our practice in this 3 session series of 1 hour classes.

**Series 1:** March 30, April 1 & 3 **11:30am** Register [Here](#)

**Series 2:** April 6, 8 & 10 **11:30am** Register [Here](#)

**Series 3:** April 6, 8 & 10 **4pm** Register [Here](#)

## **Ongoing**

### **Embodied Mindfulness Teachers Network Events**

Offering online support with Embodied Mindfulness practices for your health and well-being in different time zones guided in English, German and French. All events can be found on our Facebook page [Here](#)

**The Breathing Room Series** – Contemplative motion art videos from Jamie McHugh online to slow down time and return to the art of nature can be found [Here](#)

The latest addition to the series - #11: Awaken - can be viewed below

