



Somatic Expression® - Jamie McHugh Body Wisdom for Modern Times



Navarro #3 / Double Exposure (2021) www.naturebeingart.org

"The best way we communicate safety for others is not with words but through being anchored in our own state of ventral vagal safety and connection. That energy is sent out through neuroceptive pathways into the world; and people around us, their nervous systems, sense that we're sending out an autonomic "welcome." And then another nervous system feels that regulatory energy, and begins to regulate. And then that goes to another nervous system and another nervous system." - Deb Dana

"Gradually, as you remain open and mindful, and use a technique to focus your mind more and more, your negativity will slowly be defused; you begin to feel well in your own skin, or, as the French say: être bien dans sa peau ("well in your own skin"). From this comes release and a profound ease. I think of this practice as the most effective form of therapy and self-healing." - Soygal Rinpoche

Dear Friends,

Recently, I have given more thought to the hows and whys of what I think of as **basic somatic practice**: *basic* - essential, no frills or lofty promises; *somatic* - attending to and participating with our creaturely selves as part of nature; and *practice* - daily, consistent, and evolving time with ourselves. It's really that simple - and so difficult all at the same time. Why?

The complications of being human with all of its attendant competing agendas and obligations (real or imagined) in the midst of tremendous social and ecological upheaval magnified by 24/7 news cycles, Twitter storms and FOMO - it can be compelling, overwhelming, energizing, and depleting all within a millisecond. How do our creaturely bodies metabolize, let alone make sense of, this raucous explosion and constant infusions of inner and outer chatter?

Centralizing attention in our breathing body, slowing time down with the extended exhale, relaxing into our structure while de-escalating high alert muscles, de-centralizing thought and spreading attention throughout our vast inner landscape, inviting in more comfort, ease, and support, and embracing all ways of feeling well in our own skin: this is the magic of being a human BODY.

Developing the relationship between our core, our extremities, and the world, and extending our presence out and in, back and forth, like the waves on the shore, is not only good medicine for the individual self but is also an essential ingredient for generating more coherence and substantive connectivity in the world. Somatic re-membering is *tikkun olam* (repairing the world) one body at a time.

I hope you can join me online in basic somatic practice - for yourself and for others.

Warmly,
Jamie

Upcoming May Offerings

The Power of the Pause: Breathing Room

Saturday, May 22: 9:30-10:30am PDT
Sunday, May 23: 4-5pm PDT

Experience 360 degree breathing and individual variations in these FREE hour-long sessions. This practical somatic tool for dissipating anxiety and stabilizing attention is simple, accessible and easily repeatable. Open to all, these sessions are a good introduction to basic somatic practice and the class series I offer.

REGISTRATION & FUTURE DATES/TIMES [HERE](#)

Thinking Body, Sensing Mind

May 24-June 16, Mondays and Wednesdays, Group C (10-11am) or Group D (4-5pm) PDT

A progressive sequence of journeys into the inner landscape of the body designed to increase awareness, relaxation, and presence by highlighting sensory experience with the basics: breath, vocalization, alignment, self-contact, and subtle movement. This month's series is focused on laying down and yielding for decompression and enlivened relaxation. Some somatic or meditative experience needed. *Pay What You Are Able Sliding Scale: \$60-250/Series*

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

Upcoming Summer Series

SOMATIC MOVEMENT SKILLS LAB

June 27, July 11 & 25, August 8 & 22
9am-Noon PDT

Over the past 20 years, I have curated a template of simple, accessible, and effective somatic practices for tending and befriending the soma – the body of nature. These practices have arisen out of what I have identified as the five somatic technologies indigenous to all bodies - breath, vocalization, contact, movement and stillness. Each session, while related to the larger topic of movement, will have a distinct focus and a repertoire of specific practices:

Breath - June 27
Contact - July 11
Stillness - July 25
Vocalization - August 8
Integration - August 22

All sessions recorded for playback and download, plus 2 individual consults with Jamie + compendium of written practices included. *Pay What You Are Able Sliding Scale: \$325-650*
Registration/Additional Information [HERE](#)

INDIVIDUAL SESSIONS

I am offering individual somatic coaching sessions online as a one-time consult - or in an ongoing way - with a "pay what you are able" sliding scale in light of the current global financial uncertainty. More about individual sessions [HERE](#)

30 minutes (\$45-90) or 60 minutes (\$80-160)
Reply to this email to schedule a session.

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 Series: #4 - Ambient](#)



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