



[www.naturebeingart.org](http://www.naturebeingart.org)

## Somatic Expression® - Body Wisdom for Modern Times Jamie McHugh

*"My biggest takeaway was the idea that you should treat your body like your best friend and find ways to connect with it to better understand yourself and your body's needs. So many times in my life I have mistreated or even harmed my body, viewing it more as an enemy to combat rather than a friend to work with and support. In our culture we often receive messages about how we can control our bodies and overpower them to meet certain goals. I thought about this idea a lot during the breathing exercises, especially the idea that taking just five minutes a day to do nothing but focus on inhaling and exhaling feels so good in our bodies, yet we rarely allow ourselves to do this..." - Student reflection*

Dear Friends,

I am recently returned from my East Coast journey, where I had the wonderful opportunity to teach undergraduates at Denison University. As you can see from the student quote above, fundamental somatic resources - breath, self-contact, movement and stillness - can illuminate potent life lessons, and create a context for practice that can hopefully endure over time. Is your body your best friend, or an enemy combatant? Can you be an advocate for your body's needs? And how might that change the rhythm of your everyday life?

I am grateful I began a daily practice during college that has evolved over time and continues to nourish me, as well as many others who have studied with me. In this vein, I am happy to announce that Caroline Kleindienst of **Somatic Healing Arts Maui** has become the first student to be certified as a teacher of **Embodied Mindfulness**. Caroline possesses a kindness, warmth and clarity that she brings wholeheartedly to her work - and life. You can read more about her unique application of Embodied Mindfulness **here**

I am also thrilled to announce I will be artist in residence for the month of October at Glacier National Park in Montana. I am looking forward to a month of exploring, making art and giving public programs in this spectacular UNESCO World Heritage ecosystem. If you haven't visited **NatureBeingArt** in some time, stop by to see our updated galleries online as well as new additions to the **7 Days of Beauty** audiovisual videos on YouTube.

Speaking of online - my calendar has been updated to include 3 new dates for Bringing Spirit into Form: The Moving Art of Breathing and Sounding Online. You can take an individual class, or pre-register for all 3 at a discount. Information **here**

And make sure you get your deposit in by June 1 for my annual 10-day retreat and facilitator's training on the Northern California coast - **Embodying Nature, Becoming Ourselves**. This experience of bridging the inner and outer landscapes with somatic-expressive resources and maps in a friendly community is as delicious and delightful as you might imagine - maybe even more so!

Hope to see you live or online...

Warmly,  
Jamie

Somatic Expression | [naturebeingart@gmail.com](mailto:naturebeingart@gmail.com) |

[www.somaticexpression.com](http://www.somaticexpression.com)

