

Somatic Expression® with Jamie McHugh *Body Wisdom for Modern Times*



Meadow Mist www.naturebeingart.org

"We often forget that we are nature. Nature is not something separate from us. When we say we are connecting with nature, we are connecting with ourselves." - Andy Goldsworthy, artist

"Breath is the bridge which connects life to consciousness, which unites your body to your thought. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again." - Thich Nhat Hanh, Zen master

Dear Friends,

In these times of pandemic restrictions, we are each challenged in various ways to consider the Zen saying: "This being the case - what's next?" How do we both accept the current reality of the need for "staying in place" and proceed with our lives? Stillness as metaphor and action is an aspect of human nature easily eclipsed by the constant forward trajectory of keeping up with the movement of life. What can (our) nature teach us about occupying time and space in a different frequency?

Over the past 8 months in my online [Thinking Body. Sensing Mind](#) series, the evolving somatic sanctuary has taken on an affirming and supportive life of its own. Gathering together to focus attention on our inner landscape and become immersed within primary, sensate experience has provided a vital pause from the outer world and much-needed regeneration.

We initially settle within by highlighting and attending to the three-dimensional movement of the breath. Each session features a new twist and turn with the five technologies of somatic experience (breath, vocalization, contact, movement and stillness) as we traverse a shared guided path through the inner landscape in our own rhythm of individual exploration - leaving and returning, wandering and focusing as we wish. (For a video introduction to the 5 technologies, click [HERE](#))

We befriend ourselves by temporarily forgetting ourselves and becoming: breathing, sensing, feeling, imaginative aspects of nature attuning and responding to our own implicit nature.

I hope you can join us in reviving and restoring.

Warmly,
Jamie

2 Upcoming Events

1) The free hour-long **Breathing Room** sessions are available for drop-in (one-time or multiple times) and repeat a similar activity: a primary focus on 360 degree breathing and individual variations for dissipating anxiety and stabilizing attention. A good introduction to a somatic approach to contemplative practice.

November 21: 9:30am PST

November 21: 4pm PST

Click [HERE](#) to register

2) The **Thinking Body, Sensing Mind** series builds on the foundation of 360 degree breathing by accumulating a repertoire of somatic resources to develop an integrated, contemplative and aesthetic practice of being present with ourselves. *All sessions are recorded for participant downloading and playback.*

Prerequisite: At least 1 Breathing Room session and/or experience with Jamie McHugh or other somatic movement teachers.

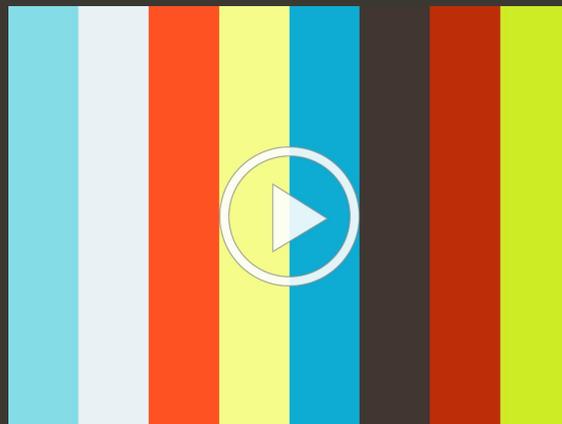
\$50-250 Pay What You Are Able Sliding Scale

**Series P) November 30-December 23: 4 Week Series, Mondays & Wednesdays
10-11am PST**

**Series R) November 30-December 23: 4 Week Series, Mondays & Wednesdays
4-5pm PST**

Click [HERE](#) to register

VIDEO: Interlude (2020) - A 6 minute aesthetic created for "Embodied Art: Somatic-Expressive Research Practices with Nature" Panel Discussion with fellow artists Narelle Carter-Quinlan and Stephanie Gottlob at The Embodiment Conference - Ecology and Research Channel



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