

Somatic Expression® with Jamie McHugh

Body Wisdom for Modern Times



Larch and Leaves (2018) www.naturebeingart.org

"If only we can bring the wisdom of the body to consciousness, spirit will no longer be homesick for home." - Marion Woodman

Dear Friends,

As I was being interviewed about my work last week for an upcoming docu-series on trauma and the body, I realized that what so many of us have been doing down in the trenches for years - the art and craft of embodiment - is truly having its moment in the spotlight. The increasing proliferation of body-oriented therapies and somatic disciplines to address physical/emotional/ social health seems to speak to our global need for more stability and fluidity in dealing with the challenges of the times. You could even say the embodiment movement is assisting us in an individual and collective form of a much-needed "bodily homecoming"; as acupuncturist Dianne Connelly so aptly put it: "All sickness is homesickness. All healing is homecoming".

Embodied Mindfulness makes bodily homecoming simple, easy and accessible for the modern body/mind. This distillation of my four decades of research and practice - meditation, somatic inquiry and movement - has been taught for the past fifteen years to diverse audiences globally, and for the past five years almost exclusively as livestream, online classes. It is truly a way I can "meet people where they are" - in the comfort and safety of their own homes.

As turbulence escalates in the world body, it is challenging not to be impacted viscerally and spiritually. Take care of your precious being. Find resources in your community or online to nurture your nature. And join me with a spirited community of learners in this online exploration of somatic resources for creating somatic vitality and personal resilience.

Warmly,
Jamie

GOING WITHIN

Embodied Mindfulness Online Winter Immersion: February 2 - March 8, 2020

This immersion in the practice and theory of Embodied Mindfulness is designed to generate an easily repeatable individual daily somatic sitting practice to cultivate and nurture greater degrees of ease, patience and focus. Module 1 consists of a series of six 3-hour live online classes, audio/video recordings of all practices and class sessions, support from a peer group, assorted readings and 1 individual online session. Group size is limited to 12 participants.

Yoga and movement teachers of all types, therapists, educators and life coaches, as well as people seeking more calm and ease in their lives, can benefit from this integrative approach to the body and its expression of lively stillness.

February 2, 9, 16, 23, March 1 & 8: 9 AM-12 PM PST; Noon-3PM EST; 6-9 PM Europe

Tuition: \$325 by December 15, 2019; \$375 December 16 - January 15; and \$425 after

For complete program description, go [HERE](#)

Not sure? Embodied Mindfulness Online 75 Minute Experiential Introduction
December 7, 10am PST Information [HERE](#)

COMING OUT

November 28: [Embodiment - Moving Beyond Mindfulness](#) Book Release

I read an earlier version of this upcoming book and contributed this endorsement:

“Mark Walsh brings an informed, passionate perspective out into the world. His down-to-earth musings, and targeted checklists, especially for facilitators, generate easily digestible food for thought and a call to action. Even though our social/political opinions diverge significantly at moments, we share a mutual focus: the liberation of the body and its full expression in society.”

Click on the link to preview two free chapters and see what others are saying about his book.

December 14: [Acts of Faith](#) - An afternoon performance salon in Berkeley to benefit [The Sunrise Movement](#) Co-sponsored by [Holos Institute](#)

Help celebrate my 65th Birthday, revive spirits and raise funds for youth climate activists with a delightful array of Bay Area performers including:

Paul Burns Jr

Clover Catskill

Olivia Corson

Esme Kaplan-Kinsey

Jacqueline Lasahn

Phil Porter & Cynthia Winton-Henry and Friends

And special surprise guests!

Space is limited; purchase your tickets soon [here](#)

INFORMATION ON ALL EVENTS CAN BE FOUND [HERE](#)

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