

# Somatic Expression® with Jamie McHugh

## *Body Wisdom for Modern Times*



### **Embodied Mindfulness - The Power of the Pause**

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." – Viktor Frankl*

Dear Friends,

Years ago, I was observing fish swim in a clear Swiss mountain lake: wiggle, wiggle, followed by a long glide. That particular movement sequence, with the fish taking advantage of their effort by letting the momentum carry them, perfectly encapsulated for me the natural rhythmic interplay between movement and stillness. This is part of our design: we express and then become still; activate and then settle; alternate between doing and being, and between being active and receptive.

With this in mind, I developed the Embodied Mindfulness template to make contemplative practice simpler, easier and more do-able 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 15 years to diverse audiences worldwide and for the past 5 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.

People who initially insist they cannot meditate or find stillness painful and/or overwhelming discover relief in Embodied Mindfulness's focus on the inner landscape of the body through the orchestration of multiple channels (breath, vocalization, contact, movement and kinesthetic tracking). These somatic resources occupy the mind with something to do so the body can settle which, in turn, calms the mind and builds the muscle of equanimity.

As turbulence escalates without, it is challenging not to be impacted within. I hope you can join me in this online exploration of the power of the pause - for creating somatic vitality and personal resilience.

### **Featured Event**

**Embodied Mindfulness Online Fall Immersion: October 20 - December 8**

*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, a live 5-hour online retreat, audio/video recordings of all practices and class sessions, support from a peer group, assorted readings and 3 individual online sessions. 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.*

**October 20 & 27, November 3, 10, 17 & 24** 9 AM-12 PM West Coast; 6-9 PM Europe

**+ Online Retreat December 8** 8am-1pm West Coast; 5-10 PM Europe

**Tuition:** \$595 by September 15, 2019; \$650 After **Application** [HERE](#)

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

If this immersion format does not work for you, come join me online for 45 minutes twice weekly for a 6-week series of "Thinking Body, Sensing Mind"; or for an afternoon of breath, sound and stillness in Ukiah, CA on October 26. (Information below)

Another resource for regeneration is through the creative, aesthetic experience of "Unplug and Recharge" with my colleague and friend Adriana Marchione. She is offering two daylong retreats in San Francisco October 13 and November 10 - a wonderful opportunity to gift yourself with a mini-retreat guided by an exceptional teacher. Information [HERE](#)

Finally, I am pleased to share a delightful video portrait of me speaking to Jens Wazel in Berlin for his series about movement and embodiment teachers. Jens - both a videographer and photographer - has an exquisite eye for movement and stillness. See his series [HERE](#)

Enjoy,  
Jamie

## Upcoming Events

**September 20-27: The Power of the Pause for the Planet** [Global Climate Strike](#)

**October 19: Embodied Mindfulness Online Introduction** Information [HERE](#)

**October 21 – November 27: Thinking Body, Sensing Mind** Livestream twice-weekly class  
Information [HERE](#)

**October 26: Bringing Spirit into Form: The Moving Art of Breathing and Sounding**  
Yoga Mendocino, Ukiah, CA Information [HERE](#)

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



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