

Somatic Movement Skills Lab Online Series Fall 2021 with Jamie McHugh

<http://www.somaticexpression.com/fall2021.html>

October 10 & 24; November 7 & 21; December 5 (9-noon Pacific Time online)

"You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves."
- from "Wild Geese" by Mary Oliver

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.

The investigation of these natural technologies offer us the ability to renovate, cultivate and refine our somatic foundations as a way to inhabit more fully our presence and power. Just like technologies invented by humans, these somatic technologies can extend and amplify our evolutionary capacities and capabilities as human animals seeking to be fully born.

In this series, we will explore and discuss these five somatic technologies, and then apply them to our personal practice and to our work as somatic movement educators, therapists, coaches and guides between meetings. This lab is for committed learners for personal or professional practice.

Please be prepared to dedicate 10 hours of practice between each session.

Each session, while related to the larger topic of movement, will have a distinct focus and a repertoire of specific practices:

#1 Breath - October 10

#2 Contact - October 107

#3 Stillness - November 7

#4 Vocalization - November 21

#5 Integration - December 5

Each session is recorded for playback and download. You will also receive two 30-minute individual consults with Jamie during the program.

For continuity between sessions, the following resources are also available:

- 1) Suggestions and prompts for embodied practice and reflective writing
- 2) Selected readings from Jamie's manuscript as well as writings from other perspectives
- 3) Choosing an online lab partner for weekly check-ins (time permitting in one's schedule)
- 4) Participating in the 1 hour, 2x/week Thinking Body, Sensing Mind 4 week series for ongoing practice (October 4-27 or November 1-24)

5) Scheduling additional individual online consults: Pay What You Are Able Sliding Scale: 30 minutes (\$45-90) / 60 minutes (\$80-160)

To apply - Group Size Limited - Register by September 20:

1) Send a statement of intention along with a brief summary of your experience in the somatic, expressive and/or contemplative arts to naturebeingart@gmail.com

2) Send Payment (Pay What You Are Able Sliding Scale: \$325-650)

Paypal - <https://www.paypal.com/paypalme/somaticxpress>

Wise - <https://www.wise.com/> (to account: naturebeingart@gmail.com)

Check to: Jamie McHugh, 181 Wagon Wheel Dr, Kinderhook, NY 12106

ANY QUESTIONS? CONTACT JAMIE naturebeingart@gmail.com