

Somatic Expression ®
Body Wisdom for Modern Times with Jamie McHugh



Image: Ocean Dreams (2019) www.naturebeingart.org

"The world is not a problem to be solved; it is a living being to which we belong. The world is part of our own self and we are a part of its suffering wholeness. Until we go to the root of our image of separateness, there can be no healing. And the deepest part of our separateness from creation lies in our forgetfulness of its sacred nature, which is also our own sacred nature." - Thich Nhat Hanh

Dear Friends,

I am looking forward to the upcoming [Ecopsychology Conference](#) sponsored by [Holos Institute](#) on April 6-7 in Petaluma, CA where I will be offering a plenary session entitled:

The Artist in Troubled Times: Emissaries of Beauty, Catalysts of Change

*Throughout human history, art and the sacred have been inextricably linked as portals to the mystery, with participatory ceremony, ritual and art making fundamental to the life of the community. What is the role of **beauty** in these austere times? And how can we as artists use our creativity to **animate** social engagement on behalf of all beings? In this multi-media presentation, we will consider contemporary individual and collective aesthetic expressions as an important pathway for human evolution and planetary survival.*

This theme has been percolating this Winter as I have been considering how embodied, aesthetic, participatory actions can build our communities and uplift our social movements for change. I hope you can attend this wonderful gathering of Earth activists, therapists and artists! (I will also be offering a hands-on workshop at the conference: *Embodying Nature, Becoming Ourselves: A Somatic-Expressive Practice*)

I started an experiment this Winter of a twice weekly live stream class in a 6-week series: [Thinking Body, Sensing Mind](#). This class was designed for both beginners (a manageable taste) and for longtime practitioners (a maintenance diet and refresher).

As one participant wrote: *"I find twice a week to be a vertical step up in my practice. I noticed after the first week how I was integrating the practice more often throughout my day, even on the days we didn't meet. Practicing with others amplifies the benefits of the practice. I hope you offer this series again. It doesn't matter to me if your content is for beginners, or advanced practitioners or any place in between. This work is valuable in my everyday life, and in my life as a teacher and artist. I notice how many people are benefiting; not only my students - their ease and calm is making waves in their families and work places."*

So, am offering another 6 week live stream series: **April 9-May 16 Tuesdays and Thursdays, 8-8:45am Pacific Time/ 17:00 -17:45 Europe Time** 12 classes total for \$120. All information [here](#)

(Even though the series is designed for live participation, all classes are recorded for playback if you miss a few - or if you want to refresh your memory of what we did in class.)

This Winter I have also been applying for various artist residencies, creating more online video art with my images (you can see them [here](#)), and preparing for my Spring travels to Europe, where I will be teaching in [Bern Switzerland](#) and in the [French Alps](#).

Finally, 2 local events I am involved in:

March 29, Gallery Bookstore, Mendocino, CA 6:30pm ["Coastal Storytellers Volume 2"](#)
A story I wrote about my participation in the Women's March 2017 is included

April 13, Jami Sieber in Concert, Ukiah, CA 7:30pm

My video "Astonishing Light" will be projected as Jami plays, along with other visuals in a not-to-be-missed evening at [Yoga Mendocino](#)

That's enough for now! Hope to see you live or online in the coming months.

Warmly,
Jamie

Jamie McHugh is an interdisciplinary artist and somatic movement specialist committed to creating accessible, inclusive, and nourishing somatic-expressive practices for re-wilding the body, decolonizing the mind and restoring the spirit. Jamie is celebrating 40 years of teaching movement arts this year, and continues to study and research the mystery of the body as an element of nature and as an expression of our humanity with the power to transform society – one being at a time.

