



Somatic Expression® - Body Wisdom for Modern Times Jamie McHugh

*My heart is moved by all I cannot save:
so much has been destroyed
I have to cast my lot with those
who age after age, perversely,
with no extraordinary power,
reconstitute the world. - Adrienne Rich (1978)*

40 years on, the work of reconstituting the world goes on - without respite or tangible reward at times. What gives you hope and sustains you in these turbulent times? Adrienne Rich refers to lineage, which has recently been on my mind and in conversations with other somatic practitioners and theorists.

The development of Somatic Expression owes a great deal to the radical work of Emilie Conrad & Continuum; the emphasis on breath and sound animating the natural undulations of the core and its extremities is central to my work of rewilding the body and freeing the mind. I am not a Continuum teacher, yet Emilie was a teacher and friend for 20 years and I consider myself part of her lineage. We shared a deep love for the mysteries of water - her within the body and me out at the ocean's edge. I just completed this video tribute to her: **The Great Sea**. You can watch it [here](#)

And for those of you new to Somatic Expression, I was fortunate to be filmed in Berkeley 2 years ago for the Sacred Science series giving a 16" overview of my work, which they have kindly offered for free. You can watch it [here](#)

UPCOMING CLASSES

Sunday, March 11: The Moving Art of Breathing and Sounding
2-5pm, Dancing Dog Loft, Fort Bragg, CA

\$40 advance - \$50 at the door Class information [here](#)

This class will also be given online on April 29 if you are out of the area

Saturday, March 17: Introduction to Embodied Mindfulness Online
9am Pacific Time; noon NYC Time; & 5pm Paris Time

1 Hour Class by Donation - Benefits [March for Our Lives](#)

Class information and other dates [here](#)

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