

Bringing Spirit into Form: The Moving Art of Breathing and Sounding

~A Master Class with Jamie McHugh~

Breath is the primary mover of the body; vocalization is breath vibrated and expressed; and movement is breath made visible. All three combined together are the fundamental somatic technologies for transforming the body, softening the ego and opening the heart.

In our time together, we will weave together a developmental sequence of specific breath and vocalization resources in a dynamic rhythm of movement and stillness. This method for accessing innate body wisdom has been shared with groups around the world for the past 15 years, and has been of interest to people on the path of embodiment as well as for training yoga, dance and movement teachers of all types.

Sunday April 9, 2017

11:00 AM to 1:00 PM

SomaSpace Movement Arts Studio

4050 NE Broadway, Portland, OR

- \$25 advance registration
- \$30 at the door
- Special offer: Bring a friend: 2/\$40

Advance registration can be paid online through [paypal.com](https://www.paypal.com) to:

naturebeingart@gmail.com

Jamie McHugh is a dancer, artist and the creator of Somatic Expression® - Body Wisdom for Modern Minds, an integrative approach to the art and craft of embodiment. Jamie is dedicated to rewilding the body as a way to free the mind, and has been teaching somatic-expressive work worldwide for the past 35 years with people of all ages and persuasions. His primary teachers have been Bonnie Bainbridge Cohen, Emile Conrad, Anna Halprin, Thich Nhat Hanh, and the wilderness. Jamie offers individual sessions, workshops and trainings online and by request. www.somaticexpression.com



