

Somatic Expression®
Body Wisdom for Modern Times with Jamie McHugh



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"If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear. People who can open to the web of life that called us into being." – Joanna Macy

*"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)*

Dear Friends,

I am happy to announce "**Acts of Faith**", my upcoming 65th birthday performance benefit for the youth climate activist group [The Sunrise Movement](#) at **Wildcat Studio** in **Berkeley** on **December 14 @ 4pm**.

The last time I performed at Wildcat was 20 years ago for my 45th birthday as a benefit for Julia Butterfly Hill, the daring young activist who occupied an old-growth redwood tree for 738 days. That event was a wonderful celebration of life, art and community, raising spirits and funds all at the same time.

Even though 20 years later the stakes feel much higher (from the local issue of saving old-growth redwoods to the global effort to preserve the planet), the medicine for countering despair, apathy and inertia still remains the same - a personal creative brew of perspective, self-care, activism, community, art and spirit. I hope you can join us for a delicious, soulful afternoon!

Tickets are **\$20** in advance - Performer information and tickets [HERE](#)

This event is co-sponsored by my friends at [Holos Institute](#) who have created an exceptional [Ecopsychology Certificate Program](#) that I taught in this year. They are offering an online information session this Saturday, November 9, 10:00 am (PDT). To register, email [here](#)

Speaking of 2020, I am rolling out a new condensed format for **Embodied Mindfulness**

Online Immersion (Module 1) to make it more financially accessible – register by December 15 for only \$350! The new updated format begins February 2, 2020 - All information [HERE](#)

Embodied Mindfulness expands on traditional mindfulness practice by adding somatic awareness and response, making the art of stillness more body-centered, interactive and easily accessible to the modern mind. This immersion in the practice and theory is designed to generate an easily repeatable individual daily somatic sitting practice to cultivate greater degrees of ease, patience and focus while nurturing one's well-being. Therapists, coaches, yoga and movement teachers of all types, 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.

I look forward to seeing you live in person or online in the coming months.

Warmly,
Jamie

Save the Date
Embodying Nature, Becoming Ourselves 2020 Retreats
France May 19-27
California September 10-17
All information [HERE](#)

Breathing Room Series: #7 - Earth's Whisper from [NatureBeingArt](#)

