



## Moments of Beauty, Glimpses of Grace

*"The beauty of the garden, or of anything else in our lives, awakens something within us beyond our daily concerns. When we are engaged with beauty, we can opt out of our ordinary distractions. Beauty gives us the possibility of getting away from the small sense of ourselves and to become connected with nature and with the larger world." - Alxe Noden*

As I prepare to join my local community in expressing our mutual concern for the rights of all families, I am tending my garden - weeding, watering and mulching the flowers and vegetables - and putting the finishing touches on my latest video creation (see below). These moments of beauty and connection throughout the day are a welcome respite from the ongoing unraveling of political and social norms, and a necessary reminder for me that humanity will prevail - even if it takes much longer than we imagine. I am grateful to live close to the land and be able to share online the mystery of soma, art and nature through my artwork and teaching, and hope my offerings can help lighten your load and inspire your spirit as we move together into the vast unknown.

The Breathing Room Series of contemplative motion art is inspired by the Somaesthetic philosophy of Richard Shusterman. "Somaesthetics" simply means cultivating the inner and outer sense perceptions of our bodies to engage with and enjoy everyday life as aesthetic experience. Take a moment to join me on this sensory journey of blended images (stills and video) from the California coast accompanied by a layered soundstream.

### **Breathing Room #2**

Images: Jamie McHugh [www.naturebeingart.org](http://www.naturebeingart.org)  
Soundstream Mix: McHugh/Eno/Eluvium/Ocean



## UPCOMING ONLINE CLASSES

### **BRINGING SPIRIT INTO FORM: THE MOVING ART OF BREATHING AND SOUNDING ONLINE**

**July 15; September 2; December 9**

**9-11:30am Pacific Time \$40/class**

**Register for all 3 classes by July 13 for \$100 and save \$20**

These online classes will be recorded and available for playback to all participants

Breath is the primary mover of the body; vocalization is breath vibrated and expressed; and movement is breath made visible. In this online workshop, a progressive series of breath and vocalization resources drawn from Continuum, Taoist medicine, and other traditions are offered in a coherent sequence to explore and weave together in a dynamic rhythm of movement and stillness. More information and registration [HERE](#)

### **EMBODIED MINDFULNESS ONLINE: INTRODUCTORY 90 MINUTE CLASS**

**JULY 7 9am Pacific Time By Donation**

**EMBODIED MINDFULNESS** is a somatic approach to traditional contemplative sitting practice developed by Jamie McHugh. In this 90 minute online interactive class, you are guided through 2 practices to enliven your body and quiet your mind. Between each practice there is time for exploration and personal reflection followed by a brief question and answer period.

To register and receive log-in information, send a donation via Paypal to: [naturebeingart@gmail.com](mailto:naturebeingart@gmail.com)

Suggested donation: \$10-25

