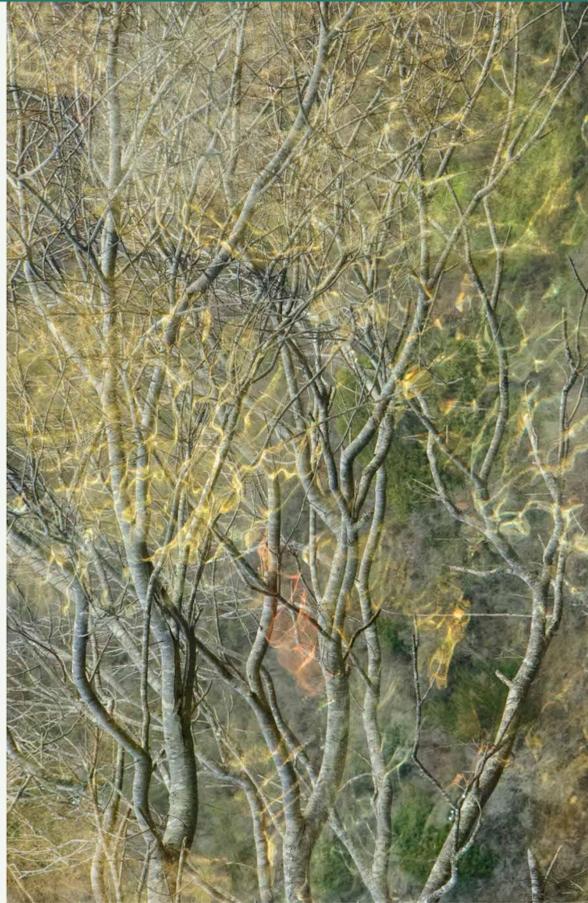




## Somatic Expression® with Jamie McHugh

### Body Wisdom for Modern Times



Equinox 2021(Double Exposure) [www.naturebeingart.org](http://www.naturebeingart.org)

Dear Friends,

I took myself offline for a day of wandering on the Equinox, initially thinking I was going to my favorite beach, yield into the comfort of sand and let my mind float, balanced between Earth and Sky on this day of balance. Yet when I arrived, there was very little sand, a high tide approaching and the wind was wild and blustery. So much for plans/expectations/desires!

Committed to a day of immersion in the wild, I sought refuge - and followed a creek side ravine trail, slowly walking and stopping, noticing the intricate designs of lichens on branches, tenderly touching the newly-formed tendrils of green, feeling the warm sun on my face. And by the time I reached the small cove, the boulders covered in their green slime, the creek singing its finale as it yielded to the ocean's embrace, there were only a few small patches of dry sand sheltered from the wind. But I found them. They were there for me.

Seeking solace, yielding into the earth body, finding home again - this most basic relationship of belonging was spelled out loud and clear in the present environment. I could choose to accept the gracious invitation of respite, or reject the offer. For me, that is the perennial mindfulness practice that underlies all of our somatic resources and techniques: yielding into ourselves and our environment, orienting within and without, knowing where we are in the moment and then acting from that knowing.

Like all gardens we tend or any languages we learn, the repetition of the practice of attending takes root in the ground and in our being: easily, simply, and profoundly. It can be easy to be a body, and to be at ease as a body, no matter what inner or outer conditions are at hand, when we accept, receive and metabolize the support within and all around, whether visible or invisible, human or otherwise.

Beginning to step out and move about freely once again as this pandemic subsides, may we see and sense the world with fresh eyes and "beginner's mind" while re-memorizing ourselves and re-constituting our lives.

Warmly,  
Jamie

#### Somatic Poetica Series

**MARCH 28, APRIL 11 & 25, MAY 9: 2:30-5PM Pacific Time**

Guided somatic explorations to evoke another intelligence for untethering the metaphoric mind, bringing it forward through written language and then given breath/sound in an embodied improvisatory expression. Some somatic-expressive experience needed.

*Pay What You Are Able Sliding Scale: \$100-275*

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

#### The Power of the Pause: Breathing Room

**APRIL 10: 9:30-10:30am or 4-5pm Pacific Time**

A practical somatic tool for dissipating anxiety and stabilizing attention - experience 360 degree breathing and individual variations in these FREE hour-long sessions. Open to all.

REGISTRATION & FUTURE DATES/TIMES [HERE](#)

#### Inhabiting Ourselves: Embodying Mindfulness and Somatic Self-Care

**APRIL 12: 10am-1pm Pacific Time**

I am honored to contribute my work to the **Online Spring Trauma & Attachment Conference**, sponsored by [ATTCH Niagara](#) - a non-profit organization that provides trauma specialized therapy for marginalized populations. All proceeds will be donated to ATTCH Niagara to support the delivery of free and low cost trauma specialized therapy.

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

#### Somatic Movement Skills Lab Series

**APRIL 25, May 9 & 23, June 6 & 20**  
**9am-noon Pacific Time**

Over the past 20 years, I have curated a template of simple, accessible, and effective somatic practices for tending and befriending the soma – the body of nature. These practices have arisen out of what I have identified as the five somatic technologies indigenous to all bodies - breath, vocalization, contact, movement and stillness. Each 3 hour session has a distinct focus and a repertoire of specific practices related to the larger topic of movement:

BREATH - APRIL 25  
CONTACT - MAY 9  
STILLNESS - MAY 23  
VOCALIZATION - JUNE 6  
INTEGRATION - JUNE 20

This lab is for committed learners, whether for personal or professional practice. Each session is recorded for playback. You will also receive a 45" individual consult during the program. Please be prepared to dedicate 10 hours of practice & study between each session.

*Pay What You Are Able Sliding Scale: \$250-550*

ADDITIONAL INFORMATION / REGISTRATION [HERE](#)

#### INDIVIDUAL SESSIONS

I am offering individual somatic coaching sessions online as a one-time consult - or in an ongoing way - with a "pay what you are able" sliding scale in light of the current global financial uncertainty. More about individual sessions [HERE](#)

**30 minutes (\$40-90) or 60 minutes (\$70-160)**

Reply to this email to schedule a session.

**Jamie McHugh** is an interdisciplinary artist, somatic movement specialist and the creator of Somatic Expression® - Body Wisdom for Modern Times. His somatic-expressive practices for re-wilding the body, mending the mind and restoring the spirit have been developed through intensive study over time with Bonnie Bainbridge Cohen, Emilie Conrad, Anna Halprin, Thich Nhat Hanh and the wild places of the planet, and through working with diverse groups of people internationally for over 40 years. Jamie continues to study and research the mystery of the body as an element of nature and as an expression of our humanity.

**Featured Video: "Awakening Earth - Spring": Part 1 of the Pandemic Trilogy (2020)**



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