



Somatic Expression® with Jamie McHugh *Body Wisdom for Modern Times*



Anna Halprin @ Sea Ranch, CA (2011)

Dear Friends,

The legendary dance artist, educator and social pioneer Anna Halprin left the planet last Monday at the age of 100. I was privileged to know her for the past 35 years in so many capacities that I could easily write a book about our many adventures. [HERE](#) is a tribute piece from six years ago in honor of her 95th birthday that is just a small sliver.

In this newsletter, though, I am highlighting a few aspects of her multifaceted legacy that are especially meaningful to me through the *movement* of video.

If there was one thing that solidified our enduring connection, it was a shared dedication to being the best possible teachers we could be – to approach somatic-expressive education as a creative, essential art practice that is empowering, liberating and ultimately healing for everybody.

[HERE](#) is Anna's Movement Ritual 1 form and variations I spontaneously performed in 2011 after a workshop in Austin, Texas. (It was Anna's spontaneous performance of Movement Ritual 1 at the first workshop I attended with her when she was 65 that sold me on her movement practice.)

[HERE](#) is an excerpt from the re-staging of Anna's "Circle The Earth" during my 2 week residency at the University of Wisconsin-Madison in 2016. Anna was gratified that I brought that highly evocative piece to her alma mater for a new generation of dancers, especially since the last time we had performed it together was 25 years before.

And finally, [HERE](#) is an interview I did before that residency about her time at UW-Madison (1938-42) studying with Margaret H'Doubler, the woman responsible for creating the first college dance degree program in the US and the teacher who set Anna on her path.

My friend and colleague Michele Minnick sent me this note after she heard of Anna's passing: *"I am thinking of all those who carry her legacy in the different ways they do... When incredible people like this go, I feel the loss, but I also feel that somehow all the amazingness is now out in the universe again to be redistributed in new ways... May it be so."* – MM

The image not only soothed me, but also inspired and spoke to a greater truth: energy is always converted, but never destroyed. We are all part of a grand legacy of ongoing redistribution - teaching, learning and helping each other along the way.

May you touch into your own amazingness and drink deep from whatever source feeds you.

Warmly,
Jamie

PS Our personal relationship was sweetly captured in this spontaneous dance we did in 2011. Enjoy!

Featured Video: [Anna & Jamie @ Sea Ranch](#)



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