



## Somatic Expression® - Jamie McHugh Body Wisdom for Modern Times



Terrain #3 (2021) [www.naturebeingart.org](http://www.naturebeingart.org)

*"This feeling of being lonely and very temporary visitors in the universe is in flat contradiction to everything known about man (and all other living organisms) in the sciences. We do not "come into" this world; we come out of it, as leaves from a tree. As the ocean "waves," the universe "peoples." Every individual is an expression of the whole realm of nature, a unique action of the total universe. This fact is rarely, if ever, experienced by most individuals. Even those who know it to be true in theory do not sense or feel it, but continue to be aware of themselves as isolated "egos" inside bags of skin." - Alan Watts*

*"You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment. In that insight of inter-being, it is possible to have real communication with the Earth, which is the highest form of prayer." - Thich Nhat Hanh*

Dear Friends,

As I find my ground in our new home, I have come to realize the transition from the Earthbody of "coastal California" to that of "woodland New York" is so much more than simply adapting to a new location or getting acclimated to a different ecosystem - even though the chill in the air certainly keeps that in mind! It is a reconstitution not only of soma and psyche, but a renewal of soul both exhausting and exciting at the same time.

The consistency of my daily reflective somatic practice is a through line that buffers the disorientation of all this rapid change; the time dedicated to settling and centering is as important as a nutritious meal. In the same vein, harnessing my attention and absorbing the outer landscape moves me into the next iteration of aesthetic response and creative action.

I am grateful to have these tools and resources embedded in my lifestream as a way to maintain buoyancy in the face of indeterminate challenges - and it is why I am dedicated to teaching somatic intelligence and practice in a way that is accessible, inclusive, pleasurable and easy.

**Come join me online and gift yourself with some breathing room - whether for just an hour, or even more in an ongoing series of classes.**

**And don't forget the BODY IQ Somatics Festival is coming up November 19-21. An online pass for 3 days is €30-100 sliding scale. More information [HERE](#)**

Warmly,  
Jamie

### The Power of the Pause: Breathing Room

Experience 360 degree breathing and individual variations in these **FREE** hour-long sessions. Open to all, these sessions are a good introduction to basic somatic reflective practice and the class series "Thinking Body, Sensing Mind".

November 14: 9-10am Pacific time  
November 14: 4-5PM Pacific time  
December 19: 9-10am Pacific time  
December 19: 4-5PM Pacific time

All information [HERE](#)

### Thinking Body, Sensing Mind

**Thinking Body, Sensing Mind** is a progressive series of guided journeys into the inner landscape of the body designed to highlight sensory experience by increasing awareness, relaxation, and presence through breath, contact, movement, stillness and sound. Each series continues a process of repeating a nuanced vocabulary of basic practices to formulate a unique repertoire of body-centered mindfulness, somatic explorations, and personal innovations for an intimate encounter with the not knowing, and a coming back home to ourselves. (All classes are recorded for participant playback.)

**PLEASE NOTE NEW TIMES:**

**Series N)** November 29-December 22: 4 week Online Series, Mondays & Wednesdays **10-11am** Pacific Time

**Series O)** November 29-December 22: 4 week Online Series, Mondays & Wednesdays **5-6pm** Pacific Time

**Sliding Scale:** \$75-250 for 8 class series) All information [HERE](#)

**All Upcoming Events can be found on the Calendar [HERE](#)**

**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:**

**Portal: Descending Ascension (2021)**



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