

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



*"All the principles of heaven and earth are living inside you. Everything in heaven and earth breathes. Breath is the thread that ties creation together." - Morihei Ueshiba, founder of Aikido*

Dear Friends,

Over many years now in my work and life, my primary emphasis has centered on the breath and its many manifestations as both a contemplative and an expressive practice to animate the body and free the spirit. The daily practice of Embodied Mindfulness fundamentals as the ground, and their use as a springboard for somatic explorations, has been a fruitful journey for many people in coping with, and mastering, the everyday challenges of life. As the developer of this approach, I am gratified to witness all the various ways individuals have applied and embellished this approach.

Kate Cleary is an accomplished performance artist, teacher and newly certified Embodied Mindfulness practitioner in Austin, Texas. Here is an excerpt from her somatic memoir about the potency of the felt senses of the body as an ally for becoming more fully human - and humane:

*"As a coach and mentor, I begin each session with a client with Embodied Mindfulness practices. I find that people tend to live their lives from and in the context of their stories, from their imaginal perspective. These stories are often impediments to understanding and acceptance. Our personal stories can be so embedded in our awareness that they become unconscious patterns of thought and behavior. Embodied Mindfulness practices are rooted in kindness, and kindness liberates energy. When we calm the mind and the body, and come to our senses, we enter an essential frame of reference that can only be found in the present moment."*

Read more about Kate and her offerings [HERE](#), and about all certified Embodied Mindfulness practitioners [HERE](#)

The complete Breathing Room series is available on one channel on Vimeo for your viewing pleasure - please stop by whenever you desire a pause during the day (click image below). And join me online or in person for these upcoming events.

Warmly,  
Jamie

**October 19: Embodied Mindfulness Online Introduction** - 75 minute practice and theory

**October 20-December 8: Embodied Mindfulness Online Immersion**

Learn a developmental sequence of 30 body-based practices for cultivating greater degrees of ease, patience and focus. Livestream, interactive immersion into the theory and practice of Embodied Mindfulness includes weekly 3-hour group session, 5-hour online retreat, recordings of all practices, peer group support, assorted readings and 3 individual sessions.

**October 21-November 27: Thinking Body, Sensing Mind Online**

Livestream 8-8:45 AM PST, Monday and Wednesdays. These somatic explorations are derived from the Embodied Mindfulness protocol for increasing bodily awareness, relaxation, and presence in a condensed format. Each session is recorded for participant downloading and playback. Register by **October 14** for discount.

**October 26: Bringing Spirit into Form: The Moving Art of Breathing and Sounding**  
1-5pm, Yoga Mendocino, Ukiah, CA Register by **October 15** for discount.

**INFORMATION ON ALL EVENTS CAN BE FOUND [HERE](#)**

**SAVE THE DATES**

**Alive at the Edge @ 65: Performance Events with Jamie McHugh and Friends**

**December 7 - Dancing Dog Loft, Fort Bragg, CA (Benefit for One Tree Planted)**

**December 14 - Wildcat Studio, Berkeley, CA (Benefit for The Sunrise Movement)**

**All information in next newsletter**



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