

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

**With Jamie McHugh, MA, RSMT**

**1-4pm EDT April 12, 2021**

*“The self is first and foremost a bodily self.” – Sigmund Freud*

*“Nobody sees a flower, really – it is so small – we haven’t time, and to see takes time, like to have a friend takes time.” - Georgia O’Keefe*

Movement, breath, vocalization, contact and stillness - the five somatic technologies gifted to us by nature – are the initial ways we know and act upon the inner and outer world. These preverbal expressions of our humanity can be distorted, ignored, and even forgotten over time; or they can be highlighted, valued, and cultivated through practice to keep us whole and connected to our origins.

In this seminar, we will pause, slow down, and take time to be present with our bodily selves in easy and supportive ways. These somatic expressions in and of themselves can bring relief from stress-related issues, and can also augment the therapeutic process, especially with trauma, by stabilizing and softening attention with sensate perception.

We will explore the five technologies in the ubiquitous modern environment of the chair – and highlight how we can not only adapt our relationship to this environment but also adapt this environment to meet our needs, and that of our clients, for a comfortable “holding space”.

***Note: As we will be alternating between practice, reflection and theory, please create a safe and comfortable environment for yourself where you can be uninterrupted and at ease.***

### **Initial Hand-outs:**

**\*\*\*360-Degree Belly Breathing\*\*\*** (Please read this PDF before our session if you can)

<http://somaticexpression.com/classes/documents/360-DegreeBellyBreathingwithJamieMcHugh.pdf>

### **Introduction to the Five Somatic Technologies (16 Minute Video-2016)**

<https://player.vimeo.com/video/170979436>

## **Compassionate Self-Care by Stephen Schwartz**

<http://somaticexpression.com/classes/documents/StephenSchwartzBreath.pdf>

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**Presenter:** Jamie McHugh, MA, RSMT is a Registered Somatic Movement Therapist (ISMETA), somatic movement specialist, and interdisciplinary artist living on the northern California coast. He is the creator of Somatic Expression® - Body Wisdom for Modern Minds, an integrative approach to the art and craft of embodiment. [www.somaticexpression.com](http://www.somaticexpression.com) and the developer of NatureBeingArt, abstract contemplative photography of the natural environment for both fine art reproductions and video streams. [www.naturebeingart.org](http://www.naturebeingart.org)