

Jamie McHugh, MA, MSMT – Artist and Teacher

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Artist and Teacher Jamie McHugh has been teaching body-based work for the past 40 years and is the creator of **Somatic Expression®**, a unique synthesis of contemplative and expressive movement practices he has taught worldwide in universities, healthcare settings and studios. Current main focus is: “**Embodying Nature**” - a sensorimotor approach to ecological attunement, and “**Embodied Mindfulness**” – body-based contemplative practices for regeneration. <https://somaticexpression.com>

A self-taught photographer, McHugh began photographing at 17 as a contemplative practice until his later in life debut solo show in 2007. Since then, he has shared **NatureBeingArt** in the world, both in traditional and non-traditional exhibit spaces as well as through the medium of online technology. NatureBeingArt videos blend images of the natural world with ambient music to accompany McHugh’s guided practices in sensory awareness and somatic movement for generating an enhanced appreciation of body and nature. The “Breathing Room” playlist showcases this evolving body of work:

<https://naturebeingart.org/breathingroom2018.html>

EDUCATION

B.S. Education, University of Wisconsin, Madison, WI (1981)

M.A. Movement Education, Sierra University, Costa Mesa, CA (1988)

MSMT (Master Somatic Movement Therapist), International Somatic Movement Education and Therapy Association (ISMETA), NYC, NY (1989)

INSTITUTIONAL TEACHING

Tamalpa Institute Movement-Based Expressive Arts Therapy (1988-2017)
Kentfield, CA Core and Adjunct Faculty in Somatic Arts and Dance Studies

John F Kennedy University, Graduate School for Holistic Studies (1991-2015)
Pleasant Hill, CA Adjunct Faculty in Holistic Health Education

GUEST TEACHING (partial list)

- Stanford University, Dance Department (2006)
- University of Hong Kong, Behavioral Medicine Department (2007)
- American Dance Festival, Chapel Hill, NC (2007)
- Saitama University, Art Department, Tokyo, Japan (2011)
- National Association for Contemporary Dance, Paris, France (2012)
- Sasana Institute for Psychotherapy, Bogota, Colombia (2013)
- Alanus University, Eurythmy Department, Bonn, Germany (2014 & 2016)

RESIDENCIES

- Glacier National Park, West Glacier, MT (October 2018)
- Denison University, Dance and Somatics, Granville, OH (April 2018)
- University of Wisconsin-Madison, Dance Department (September 2016)
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NATUREBEINGART EXHIBITS (partial list)

ONLINE: December 2016-present, “7 Days of Beauty” and “Breathing Room Series”

March–May 2017, “Living Oceans” Group Show, Falkirk Cultural Center, San Rafael, CA

October 2012-January 2013, “Living Water” Group Show, Cavallo Point, Sausalito, Ca

September-December 2010, Roche Bobois, San Francisco, CA

June-August 2010, Solo Show, a.Muse Gallery, San Francisco, CA

March-July 2010, “Where We Are” Group Show, Marin Community Foundation, Novato, CA

April-June 2009, Solo Show, First Unitarian Church, San Francisco, CA

January-March 2009, Solo Show, The Bay Model, Sausalito, CA

September-November 2008, Solo Show, Claremont Club Gallery, Berkeley, CA

May-July 2008, Solo Show, Alta Bates Hospital Gallery, Berkeley, CA

March 2008, Solo Show, Magnet Community Health Clinic, San Francisco, CA

September-December 2007, Solo show, California Institute of Integral Studies, San Francisco, CA

PUBLICATIONS

2021: Guest editor and contributor to *Embodying Eco-Consciousness: Somatics, Aesthetic Practices and Social Action* in the Journal of Dance and Somatic Practices (Vol. 13, Issues 1 & 2).

2021: *Neo-Luddite of the Dance (Artist Profile)* – Interview with Victoria Thomas for The Sublime (LA, CA)

2017: *Footprints in the Sand (Artist Profile)* in “Beauty is Experience: Dancing 50 and Beyond” by Emmaly Wiederholt

2017: Book Review: *Mindful Movement: The Evolution of the Somatic Arts and Conscious Action* by *Martha Eddy* in *Journal of Dance, Movement and Spiritualities*, Vol. 4, Issue 1

2010: *Living with Purpose in the End Times* in "Hope Beneath Our Feet: Restoring Our Place in the Natural World" edited by Martin Keogh (North Atlantic Books, Berkeley, CA)