

Jamie McHugh, MA, RSMT – Artist and Teacher

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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 taught worldwide in universities, healthcare settings and studios. His current work centers on two unique trainings: “Embodying Nature” - a sensory-motor approach to environmental education taught in the United States and Europe, and “Embodied Mindfulness” – body-based contemplative practices taught online to participants worldwide. www.somaticexpression.com

A self-taught photographer, McHugh began his relationship with photography at 17 and continued making visual art over the years as a contemplative practice in the natural environment until his debut solo show at age 52 in 2007. Since then, he has been prolific in sharing **NatureBeingArt** in the world, both in traditional and non-traditional exhibit spaces as well as through the medium of online technology. NatureBeingArt bridges these various disciplines by blending abstract images of the natural world with guided practices in sensory awareness, somatic movement and sound scores to generate an enhanced appreciation of body, nature, movement and stillness.

Please see the following two playlists – Breathing Room and 7 Days of Beauty – for an impression of this evolving body of work:

<https://www.youtube.com/watch?v=1IN5ewsbnDE&list=PL0Oem9bcCkaxRJluX7f1gzWUhO8AFFCkY>

https://www.youtube.com/watch?v=x7sfl68LpBI&list=PL0Oem9bcCkazNAfO_pm7yh_fqlcuZmlco

EDUCATION

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

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

RSMT (Registered Somatic Movement Therapist), International Somatic Movement Education and Therapy Association, NYC, NY 1989

PRIMARY 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

Wisconsin Arts Board, Artist-in-Residence Program (1982-87)
State-wide program based in Madison, WI Dance/Movement Arts in Education teacher

GUEST TEACHING (selected)

- Bristol Cancer Center, Bristol, England (1990)
- Esalen Institute, Big Sur, CA (1996)
- 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 (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)

NATUREBEINGART EXHIBITS (selected)

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

COMMISSIONS

Avalon Bay Community/Dogpatch, San Francisco, CA 2017 - Twenty 40x60 chromogenic prints mounted on aluminum with a UV-protective laminate and a recessed back frame.

Art consultant Dorka Keehn (www.keehnonart.com)