

INHABITING AND SUSTAINING YOUR INNER ECOSYSTEM WITH JAMIE McHUGH

MONDAY, February 1, 2010, 7:00 p.m. Admission is \$5



In his February 1 lecture, Jamie McHugh, Registered Somatic Movement Educator (RSME), shares his insights into working creatively with the body as an ecosystem and will present sustainable practices for tending the inner garden of the body.

Somatic Expression explores the subjective experience of the body and its individual expression that varies from person to person. McHugh will lead on workshop on Somatic Expression: Bringing Your Body Alive at the Gualala Arts Center beginning on February 9, 2010.

Coming from the perspective that we as individuals are nature and that our bodies are reflections of the environment, Jamie Mc Hugh will offer simple, pleasurable, and easy tips for conserving health and well-being in a presentation that will be part talk and part dialogue with the audience.

McHugh's perspective reflects in his work as a photographer and he will include a multi-media selection of contemporary abstract photographs of the natural environment to illustrate his message and teach people how to create space for contemplation and relaxation. The two focuses of his work complement each other; somatic movement reveals life evolving within the body and the photographs focus attention on the complexity of nature outside the body.

Jamie McHugh has taught for over twenty-five years. He is on the faculty of John F. Kennedy University in Pleasant Hill in the Holistic Health Department and at Anna Halprin's Tamalpa Institute in Kentfield. Examples of his photos and a further explanation of his work can be found on-line at www.SomaticExpression.com.

There is no advanced ticket sale for the presentation, but a \$5 admission fee will be collected at the door. Copies of Sketches, the art center monthly publication that lists all upcoming events, are available for free at the Gualala Arts Center office.

Theories of Relativity:

WOMEN'S HEALTH IN DEVELOPING COUNTRIES WITH JANE SCHULER-REPP

MONDAY, February 15, 2010, 7:00 p.m. Admission is \$5

Jane Schuler-Repp will talk about how we all see the world through the filters of our experiences and how her experiences in developing countries helped her to view women's reproductive health issues in a completely different light.

The term "Relativity" stresses that her new view is grounded in the values and behaviors of different cultures, which are presented objectively and non-judgmentally. Jane says, "Understanding how people think and what they value - even when those values mean sending you off in the wrong direction - I

believe is the best currency any of us can take with us anywhere."

In seemingly straightforward, simple development projects, she encountered elaborate cultural and historic mazes, which are necessary to understanding the specific cultural and physical complexities affecting the health and well being of vast numbers of girls and women, primarily in Africa and parts of Asia. These girls and women have experienced obstetric fistula in childbirth or have undergone female genital mutilation (FGM) - or both.

