



Panel: Embodied Art: Somatic Expressive Research Practices with Nature



Narelle Carter-Quinlan is an Australian interdisciplinary artist in photography, dance, sound, and word. She embodies explorations of soma, land, and seascapes. She is the creator of the Saltwater Songlines Project. **Jamie McHugh** is an interdisciplinary artist, somatic movement specialist, and the creator of Somatic Expression - Body Wisdom for Modern Times. **Stephanie Gottlob** is an improvisational movement artist, exploring somatic experience and creative process on and with the land. This talk offers dialogue and discussion which enquires into the merging of somatics, art, and nature as foundations for the creative process.

TOP EMBODIMENT TIP: **Jamie McHugh:** Enjoyment! **Stephanie Gottlob:** Get dirty in the mud.

Narelle Carter-Quinlan: The land speaks. Listen.

What is a Somatic Artist?

- The relationship between land and body- as a felt experience; this is the connection of the body in relationship with place.
- Our body is Source and our main connection to the planet; our larger body.
- **There are participation and dialogue between soma and land which informs both movement-expression and consciousness and the ability to engage creatively/ aesthetically with the place.**
- It's about individual soma in relationship to the larger soma. The internal is a place for creative expression. The felt senses within are reflected without.

What is Soma? The lived experience of this body that is changing over time

- The soma encapsulates all life experiences and different stages of being along the way.
- If we repeat developmental patterns through movement, evolution isn't a one-way street where we constantly loop back over each time we go onto the floor. The soma "holds" whereas the body *is* at any point in time and space.
- **The body is "now"** but the soma is everything which came before now, and possibly what will occur in the future.
- The soma contains our life experience, memories, images, yearnings, or desires.
- This is implicit, though, in Western culture, the body has been "segmented out" and often becomes mechanical; the larger picture is missed.

Being a Somatic Explorer is Not Limited to the Confines of a Studio Space

- Ultimately our somatic explorations are enlivened and enriched by participating with the elements.

Resources

- ❖ **Website:** Narelle Carter-Quinlan embodiedterrain.com Jamie McHugh somaticexpression.com
Stephanie Gottlob <https://www.earthdance.net/cirperformancewithstephaniegottlob>
- ❖ **References:** David Abram, Diana Ng



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