

Somatic Movement Workshops



Fed up with feeling tired, stressed,
drained or on edge? Fed up with
niggling aches and pains?

**Our busy lives can cause a build-up
of bodily tension, which manifests
in physical and mental symptoms.**

Somatic movement is the practice of
guided movements focused around
relaxation and awareness.



**Feel calm, comfortable and freer in your body. Discover the
wellbeing and freedom which somatic movement can bring.**

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a Morecambe, Lancashire

GROUP WORKSHOPS

Benefits of Somatic Movement

- Increased flexibility, balance and mobility
- Rediscover how to rest and boost mood
- Reconnect body, mind and emotions
- Helps reduce and manage chronic pain
- Lessen anxiety and increase resilience
- Improved quality of day-to-day life

What Can I Expect?

- Small group size, sociable, welcoming atmosphere
- Gentle guided exercises, movement, reflection and rest
- Time and space to focus on your body, movement, mind and emotions
- Participate at your level of comfort and enjoyment

Suitable for everyone and all welcome:
all abilities, all experiences, with no
minimum level of flexibility required
and no minimum commitment.

Places must be pre-booked.



**Workshops take place once a month
at The River Room, Halton Mill near Lancaster.
Saturday afternoons: 2:30pm–5:30pm**

For further information or reservations:

hello@pennycollinson.com or **07979 445169**

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Facebook / Instagram: **Look for Penny Collinson Somatic Movement**

Enjoy reconnecting body and mind in a relaxed,
sociable and welcoming atmosphere.

Penny Collinson is a registered somatic movement therapist and teacher with 30 years' experience. Penny offers workshops and retreats in movement and wellbeing, one-to-one therapy sessions, and professional supervision.