

Authentic Movement: An Introduction to the Principles and Practice of Moving and Witnessing

Somatic Movement Intensive Course with Penny Collinson & Amy Voris

Friday 31st July - Sunday 2nd August 2026

'With an increasing capacity to concentrate, to listen to inner impulse, the mover learns to recognise the channel within which the creative or authentic energy flows' – Janet Adler (1987)

At its simplest, the mover-witness framework, also known as 'Authentic Movement', is a practice of moving with eyes closed while another person witnesses, without judgement or interpretation. Our three-day intensive offers an introduction to this apparently simple structure, from which a rich and often surprising field of experience can emerge.

Working through purposely paired explorations of moving and witnessing invites a particular kind of listening: toward sensation, feeling and imagery. With no expectation to perform or create, our emphasis is on noticing what is present and allowing experience to unfold in its own time. This may be experienced as a sense of 'being moved', rather than choosing or directing movement.

Join us for the 3 full-days course (10:00 - 5:30pm / 4:30pm)

Moving from arriving in the body through guided movement and quiet attention, there will be space to reflect and integrate through drawing, writing, and speaking together. Supported by 'percept language', describing experience by staying close to what is seen and felt, rather than analysing or interpreting. Over three days of witness partnership, participants are encouraged to stay close to their direct experience, while also becoming aware of how inner and outer worlds meet - within oneself and in the presence of another.

Penny Collinson - Somatic Movement Educator & Therapist

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Each day will be structured to encourage rest and replenishment. Daily movement sessions can be chair-based and /or include standing, lying and moving in the space, recognising individual feeling for what supports us now, with the most ease and least effort.

Dates & Timings:

Friday 31st July 10:00 - 5:30pm

Saturday 1st August 10:00 - 5:30pm

Sunday 2nd August 10:00 - 4:30pm

Price:

Sliding scale between £210 - £260.

Please pay according to your income and consider the following:

Payment includes administration fee, facilitation by Penny and Amy, refreshments of teas, coffee, biscuits/cake (including GF) and fruit. Participants are responsible for their own travel and accommodation (suggestions on the booking form).

We kindly advise you to read the cancellation policy before making your booking.

BACS details will be shared on the booking form.

Booking your place:

Please email Penny at hello@pennycollinson.com

You will be sent a booking form which includes the payment method and the cancellation policy. Places are limited and your booking will not be secured until payment is made.

Location:

The River Room, Halton Mill, Halton near Lancaster LA2 6ND

The River Room Wellbeing Studio in Halton, is part of Halton Mill and looks out over the River Lune. This beautiful indoor space is dedicated to embodied and holistic learning.

Please note that daily workshops will take place indoors. Participants are encouraged to enjoy the surrounding walks by the river throughout the weekend.

Who is it for?

This workshop is suitable for dance and movement practitioners who are new to Authentic Movement, as well as those wishing to return to its foundational

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principles. Participants are expected to have some prior experience of sustained somatic or mind-body practice, and a willingness to engage in a quiet, self-reflective process with a partner/group. If you are unsure whether this is the right context for you, you are welcome to get in touch.

Self-care

This intensive course involves sustained attention and self-inquiry, as expected with somatic Practice, which can be both supportive and challenging. The methods and approaches we offer will be paced and always invitational, with pausing, taking time out, non-participation and/or suggesting variations on explorations and activities all welcomed to enable this. However, before booking please consider your capacity to participate in a 3 full-days immersive process, knowing that you are able to take responsibility for your own physical and psychological wellbeing throughout. If you would like to discuss any of these points before booking, please email Penny at: hello@pennycollinson.com

Biographies:

Penny and Amy have known one another for 19 years, teaching and facilitating workshops and courses together through Cheshire Dance and at The River Room. Together, they offer a depth of expertise in holding creative processes and supporting personal and collective inquiry with care and compassion. Penny and Amy's approach is shaped by the teachings of Linda Hartley, and by their training in Integrative Bodywork and Movement Therapy.

Amy Voris is a dance-maker, facilitator and somatic-movement therapist based in Manchester. Her practice is process-oriented and collaborative, driven by the desire to develop enduring relationships with people, places and movement material. Alongside her artistic practice, she has worked in higher education for over twenty years and completed training in Integrative Bodywork and Movement Therapy with Linda Hartley. See more about Amy's work at, <https://www.amyvoris.com/>

Penny Collinson is a movement artist and registered Somatic Movement Educator and Therapist in private therapeutic, community and educational settings. She has trained for many years with Linda Hartley (IBMT), Miranda Tufnell, and has completed 'Stepping Stones' a 4-month IFS training for healing professionals with IFSCA. She works extensively with professional movement practitioners, therapists and teachers as a supervisor, and has recently co-created the Community Interest Company, Shoreline Health in Movement, CIC, collaboratively creating dance for health initiatives in and around Morecambe Bay. Spanning 23 years, Penny's work at UCLan involved leading the MA Dance & Somatic Wellbeing: Connections to the Living Body. Her publications on the application of somatic

practice in health and wellbeing contexts can be found at <https://orcid.org/0000-0002-2869-7132> and www.pennycollinson.com

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