

14-15 FEBRUARY

25-26 APRIL

1-2 AUGUST

3-4 OCTOBER

VENUE: RIVER ROOM, HALTON MILL, LANCASTER.

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# QUALITIES OF PRESENCE

## SOMATIC MOVEMENT WORKSHOPS 2026

AMY VORIS  
& PENNY COLLINSON

Penny Collinson and Amy Voris are offering a series of four 2-day professional development workshops in 2026, for movement/dance practitioners to support the exploration of spontaneously-emerging movement and inner-witnessing skills. This is a closed group and participants must be able to attend all four weekends. Price £560

### WHO IS IT FOR?

Movement / somatic practitioners who work within teaching, therapeutic as well as creative and performative contexts. Please note that this series is suitable for those with prior experience of in-depth somatic movement processes. We're excited to make this a closed group to enable group connection and in-depth inquiry.

### THE WORKSHOPS

Within each 2-day workshop we will shift between solo movement, touch work in pairs, and moving and witnessing explorations in pairs and groups. Overall, this series will offer movement and reflective frameworks for participants to listen into and work with their individual inquiries and needs, while acknowledging the companionship and interconnection with others. Find out more at: [www.pennycollinson.com/professional-development-workshops](http://www.pennycollinson.com/professional-development-workshops)



ISMETA

*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)\**

BOOKINGS CAN BE MADE VIA:  
[HELLO@PENNYCOLLINSON.COM](mailto:HELLO@PENNYCOLLINSON.COM)

## FURTHER INFORMATION:

[WWW.PENNYCOLLINSON.COM/PROFESSIONAL-DEVELOPMENT-WORKSHOPS](http://WWW.PENNYCOLLINSON.COM/PROFESSIONAL-DEVELOPMENT-WORKSHOPS)

[WWW.INFO@AMYVORIS.COM](mailto:WWW.INFO@AMYVORIS.COM)



TIMES: EACH WEEKEND, SATURDAY 13.00-18.00  
SUNDAY 10.00-15.00 (10 HOURS).

TOTAL PRICE: £560 (PAYABLE IN INSTALMENTS)

### AMY VORIS



Amy Voris is a contemporary 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.

### PENNY COLLINSON



Penny Collinson has worked in dance and somatic movement practices for 33 years and is an ISMETA registered educator and therapist. She lives in Morecambe, Lancashire, and is part of Shoreline Health in Movement CIC. Penny runs a private body-focused somatic therapy practice, and various community classes. She is also a professional supervisor supporting practitioners whose therapy/educative practices are somatic-informed.

**Please email [hello@pennycollinson.com](mailto:hello@pennycollinson.com) to book your place.** Once it is confirmed you will be asked to pay a deposit of £140 to secure your place. Three more payments of £140 each can be paid at later stages. Please note a cancellation policy applies.

