

VENUE: THE RIVER ROOM, HALTON MILL, LANCASTER

Moving into Awareness

SOMATIC MOVEMENT Workshops

Monthly on Saturdays
2.30-5.30pm

The benefits of Somatic Movement

- The physical benefits of moving are significant and include improved circulation, body posture, developing flow, agility and balance, accessing rest, ease, invigoration and more...
- Mental wellbeing is also affected by moving which can stimulate endorphins, reduce the body's stress hormones, lifting mood and vitality
- You'll learn techniques to mitigate effects of stress on the bodymind, nervous and immune system, in a comfortable, friendly environment
- Participate at your level of comfort and capacity whether that's seated, standing movements, or floor-based relaxation

Priced £20 per person, places are limited, please email hello@pennycollinson.com or call 07979 445169 to reserve a place or any questions.

After booking, you'll receive a welcome email confirming your session, directions, what to wear and bring.

Who is it for?

Suitable for beginners and experienced practitioners.



Further information:
www.pennycollinson.com/workshops
Book by email: hello@pennycollinson.com



DATES

**SEPTEMBER 20TH OCTOBER 25TH NOVEMBER 22ND
DECEMBER 13TH 2025**

**JANUARY 24TH FEBRUARY 21ST MARCH 21ST
APRIL 18TH 2026**

Penny Collinson has worked in dance and somatic movement practices for 33 years. She is an ISMETA registered Educator and Somatic Movement Therapist and lives in Morecambe, Lancashire.

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 or call
07979 445169
to book your place on the workshops, or to
enquire about 1-2-1 sessions.