

Moving from the Inside Out:

Somatic movement for learning, play, and discovery

Somatic Movement Intensive with Penny Collinson & Mary Abrams

Friday 29th – Sunday 31st May 2026

Learning extends our presence into life and into the world. Play is self-directed, joyful, and voluntary. During play, we are uniquely engaged and motivated, often exploring the edges of our knowledge and abilities and making incremental discoveries. As a unique and powerful learning tool, play supports us to coordinate many physical actions, imagination, and gain new skills important for experimentation and problem solving. Play also helps us maintain focus, self-regulating behaviors, spatial reasoning, communication skills, and social relationships.

Moving and extending our interested attention to inner-body sensations and feelings offers us ways to get to know ourselves more deeply, to listen, and to develop more curiosity and kindness towards all our thinking and feeling experiences. The discoveries we make moving-breathing-learning through play can help us feel and inhabit more fully our immediate world — the life in and around us, people, and places — with more creativity to support us at all stages of life.

Join us for the 3 half-day course (5 hours each afternoon)

During these workshops we will use a variety of somatic movement methods which support personal inquiry. Our practices will draw on principles from Continuum, Authentic Movement, movement improvisation and touch. Practices will involve learning, playing and discovering through solo moving, sounding, mover-witnessing in partners and as a group, and explorations through writing, drawing and speaking. 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. Each individual feeling for what supports me now, with the most ease and least effort.

Dates & Timings:

Friday 29th May 13:00-18:00

Saturday 30th May 12:00-17:00

Sunday 31st May 12:00-17:00

Penny Collinson - Somatic Movement Educator & Therapist

hello@pennycollinson.com | 07979445169

Price: Sliding scale between £200-250. Please pay according to your income and consider the following:

Payment includes administration fee, facilitation by Penny and Mary, 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 in throughout the weekend.

Who is it for?

Movement and dance enthusiasts; those who do yoga, meditation, and other embodied practices; somatic-informed practitioners who work within teaching, therapeutic as well as creative and performative contexts.

Please note that this workshop **is suitable** for those with limited and moderate experience of somatic movement processes, as well as those interested and able to work comfortably and safely within time frames, and with a partner/group.

Self-care

Our work together will invite immersion and self-inquiry, as expected with somatic practice. The methods and approaches we offer will be paced and always invitational. We ask that all participants practice self-care during the workshops by taking part in activities in a way which supports your own wellbeing. Therefore pausing, taking time out, non-participation and/or amending activities are all welcomed to enable this. We are also able to suggest variations on the explorations to adapt to what you need at different times. However, before booking please consider your capacity to participate in a 3-day process, knowing that you are able to take responsibility for your mental and physical health. If you would like to discuss any of these points before booking, please email Penny at hello@pennycollinson.com

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Biographies

Penny and Mary have known one another for 19 years and taught together on the MA Dance & Somatic Wellbeing programmes, which ran in UCLan, Preston and in New York, until 2021. They offer a depth of expertise in holding creative processes and supporting personal and collective inquiry with care and compassion.

Mary Abrams (USA)—brings passion, skill, and inquisitive spirit to her work with clients, classes, and workshops. Founder/director of Moving Body Resources in New York City, she launched a 6-module program The Odyssey of Embodied Spiritual Learning in 2024. She currently teaches on the Continuum Teacher Training at the Somatic Academy of Berlin (Germany), and from 2007-2020 taught on the *Masters Dance & Somatic Well-being* course at the University of Central Lancashire (UK) and was the USA course leader in NYC 2009-2017. Dancing since childhood, her background includes 31 years of Continuum learning with Emilie Conrad and Susan Harper, ongoing work in epistemics, the biology of emotion (affect theory), and the art of learning with Gary David, Ph.D. Mary holds a BA in Dance from Olaf College, and an MA in Consciousness Studies focused on embodied movement practice and theory from Goddard College. Mary is also a Registered Somatic Movement Educator with ISMETA. www.movingbodyresource.com

Penny Collinson (UK)—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 is currently training with IFSCA on their Stepping Stones programme. 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> www.pennycollinson.com