

Qualities of Presence - Somatic Movement Series

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*

Penny Collinson and Amy Voris are offering a series of three 2-day professional development workshops for movement/dance practitioners to support the exploration of spontaneously-emerging movement and inner-witnessing skills.

We're excited to make this a closed group to enable group connection and in-depth inquiry. Therefore, participants must be able to attend all three weekends.

Dates: 8-9 February 2025, 17-18 May 2025, 27-28 September 2025

Times each weekend: Saturday 13.00-18.00, Sunday 10.00-15.00 (10 hours)

Total Price: £360 (pay in 3 instalments)

The workshops will take place in the River Room, Halton Mill (near Lancaster)

BOOKINGS: hello@pennycollinson.com

The weekend explorations will draw on somatically-informed methods from Experiential Anatomy and the mover-witness framework (Authentic Movement). They will emphasise a 'channel' or realm of perception which will be explored with some definition and guidance while supporting participants to source emergent movement. Themes will include:

- Proprioception and orientation
- Sensation – the sensory organ of the skin and the special senses
- Interoception and emotion – the presence and movement of mood and feeling
- The emergence of image – the presence (and movement) of metaphor

Movement explorations will seek to illuminate the richness that attending to these channels/realms (both distinctly and in conjunction with each other) can bring to our subjective and collective realities. Tracking our experiences, we will 'harvest' through drawing, writing and speaking. In this sense, we understand 'tracking' to be *a process of attending* which evolves from the moment of moving into the process of shared-reflection.

Within each 2-day workshop we will shift between solo movement and reflection, 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.

We hope that the activities offered will create space for attuning to your movement, energy and imagination and for cultivating internal resources.

Bios

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 (IBMT) with Linda Hartley.

Penny Collinson has worked in dance and somatic movement practices for 32 years. She trained at the IBMT Institute, 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.

Who is it for?

Movement practitioners who work within teaching, therapeutic as well as creative and performative contexts. *However, please note that this series is suitable for those with prior experience of in-depth somatic movement processes.*

Booking your place

Please email hello@pennycollinson.com to book your place.

Total price is £360 for the 3 weekends.

BACS details will be shared at the point of booking.

- Once it is confirmed you will be asked to pay a deposit of £120 to secure your place. Two more payments of £120 each can be paid at later stages. Please note a cancellation policy will apply.

- Priority will be given to participants who can sign up for the entire series. If places become available then 'stand alone' weekend workshop bookings will be offered.

Cancellation Policy

Provided we are able to fill your place, then we can offer a full refund.

If you cancel within 7-14 days of the workshop – and if your place cannot be filled – then half of the workshop cost minus a 5.00 pound (£5) admin fee will be refunded.

If you cancel less than 7 days before the workshop – and if your place cannot be filled – no refund will be given. Also, in the cases of arriving late to sessions, leaving early, illness or

unforeseen circumstances that require you to withdraw from the session, refunds will not be given.

If there are an insufficient number of bookings, then we reserve the right to cancel the workshop.

Location

[The River Room](#), Halton Mill, Mill Lane, Halton (near Lancaster) LA2 6ND

For participants who may wish to find local accommodation, there are a number of single and group rentals in Halton and nearby Caton, as well as hotels/B&Bs in Lancaster and Morecambe.

For further enquiries, please contact:

Penny: hello@pennycollinson.com

or

Amy: info@amyvoris.com

*Adler, J. (1987/1999) 'Who is the Witness? A Description of Authentic Movement'. In *Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow*. Edited by Pallaro, P. London: Jessica Kingsley Publishers, 141-159



The River Room, Halton Mill, Lancaster.

