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

Somatic Movement One-Day Introductory Course with Penny Collinson & Amy Voris

Sunday 1st November 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 new one-day workshop offers an introduction to this 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 a day of exploration and enrichment

Beginning with guided movement and quiet attention, we will invite paired explorations of moving and witnessing, with no performative expectation.

In a warm, and supportive environment, the day includes space to reflect and integrate through drawing, writing, and verbal sharing supported by 'percept language', describing our experiences by staying close to what is seen and felt, rather than analysing or interpreting.

Across the day of partnership witnessing, 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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Penny Collinson

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 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.

Self-care

Authentic Movement involves sustained attention to inner experience.

Our work together will invite immersion and self-inquiry, as expected with somatic practice.

Participants are encouraged to work within their own physical and psychological capacity, taking time to pause or rest as needed.

If you would like to discuss any criteria before booking, please email Penny at: hello@pennycollinson.com

Full Details

Date: Sunday 1st November 10:00 – 5:30pm

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

Part of Halton Mill, the River Room Studio is a beautiful indoor space dedicated to embodied and holistic learning, looking out over the River Lune.

Fee: £90 waged / £70 unwaged

** Payment includes administration fee, facilitation by Penny and Amy, refreshments of teas, coffee, biscuits and fruit. Please bring your own packed lunch, kitchen facilities available.*

Access: Onsite free parking and lift access to the first floor studio.

To book 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.

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

BACS details will be shared on the booking form.

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Biographies

Penny and Amy have known one another for 18 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

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: **www.amyvoris.com**

Penny Collinson

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 recently 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**