

# The Sensing Body: Bringing the body into therapeutic presence



Workshop at The Performance Studios, 17 Dalton Square,  
Lancaster LA1 1PL (near the Town Hall in Lancaster)

**TUESDAY 26TH AUGUST, 1–6PM**

Led by **Penny Collinson** (Somatic Movement Educator & Therapist) and  
**Lindsay Etchells** (Somatic Movement Therapist  
& qualified Somatic Experiencing® Practitioner)

The gentle, sensory movement-based approach of somatic movement therapy is a valuable tool for counsellors, coaches and therapeutic practitioners; learning to engage empathetically with our own somatic experiences to create a deeper understanding of the mind-body connection.

Integrating somatic movement into therapeutic and healing practice enables us to offer a more attuned, responsive presence and facilitate holistic healing which addresses both the physical and mental for our clients, including those dealing with anxiety, stress, trauma or PTSD.

Introducing some fundamental tools of perception and movement, this experiential workshop will focus on methods for bringing sensory 'somatic' awareness and movement to ourselves, our client experience and group activities.



Penny Collinson



Lindsay Etchells

## What will it include?

- Attuning to our own bodies: orientating to space and time, listening, exploring sensation, feeling and movement
- Learning components of movement and ways to guide our clients in movement appropriate to their capacity and situation
- Practising guiding the skills of pacing, regulation and returning to rest and reflection
- Exploring questions to support our clients' somatic awareness and attention
- Discovering and nurturing an exploratory and creative attitude that supports working in connection with our bodies' capacity, as opposed to limitation

**This special one-off workshop is specifically designed for those working therapeutically, in counselling, in movement and dance, and anyone wishing to work somatically.**

**Come along to learn and practice transferable benefits for facilitating emotional release and healing - in a welcoming, supportive and inspiring environment.**

**£55 — LIMITED CAPACITY — BOOKING ESSENTIAL.**

**Email to book your place or ask any questions: [hello@pennycollinson.com](mailto:hello@pennycollinson.com)**



[www.pennycollinson.com](http://www.pennycollinson.com) +44 (0)7979 445169 [hello@pennycollinson.com](mailto:hello@pennycollinson.com)

Participants will need to secure their own parking. <https://www.lancaster.gov.uk/parking/car-parks#maps>



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**Lindsay Etchells** has an extensive background in the performing arts, having spent many years working as a professional dancer, choreographer, and theatre maker. Her deep interest in the connection between body, mind, and wellbeing led her to retrain in Integrative Counselling and Psychotherapy. She holds an MA in Dance and Somatic Wellbeing from the University of Central Lancashire and is a certified Somatic Movement Educator and Therapist registered with ISMETA.

**Penny Collinson** is a Somatic Movement Therapist in private practice, and teaches in various community settings, including Morecambe Pain Café, and the River Room. She works with counsellors, movement therapists and educators as a mentor and supervisor, and has recently co-created the Community Interest Company, Shoreline Health in Movement, CIC. She led the MA Dance & Somatic Wellbeing: Connections to the Living Body at UCLan and has written on the application of somatic practice in health <https://orcid.org/0000-0002-2869-7132>

Passionate about accessibility and inclusion, Lindsay and Penny are committed to bringing the transformative power of somatic healing to individuals and communities who might not otherwise have access to it. They both facilitate courses, retreats and workshops focused on mental health, and the connection of mind and body, offering practical tools for managing stress, trauma, healing and rest.

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