

18TH - 21ST APRIL 2025

VENUE: THE RIVER ROOM, HALTON MILL, LANCASTER.

TENDING HEART FIRES, FINDING MAGIC IN THE ASHES

MARY ABRAMS
& PENNY COLLINSON

4-DAY SOMATIC
MOVEMENT RETREAT

Join Penny Collinson & Mary Abrams on a 4-day retreat. Heart fires are physical and emotional and awaken needs for tending to keep them burning in sustainable ways. This gives us the ability to gaze and breathe air into the flames that initiate sacred change. To poke and brush through the embers and ashes for what we feel and need, and what we are ready to discover and learn from what lies deep in soft, quiet, darkness....awaiting to rise again as a Phoenix of new health, new meanings, hopes, dreams, and more. Further description **via the link below**.



WHO IS IT FOR?

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



WHAT WE WILL DO

During the 4-days we will use a variety of somatic movement methods which support deep personal inquiry. Our practices will draw on principles from Continuum, Authentic Movement, movement improvisation and touch. This will include solo moving, sounding, mover-witnessing in partners and as a group, and explorations through writing, drawing, and speaking. Our days will be spaciouly structured to support rest and replenishment.



ISMETA

*"IT WAS SUCH A WONDERFUL AND POTENT WEEKEND"
(PARTICIPANT FROM 2024)*

WWW.PENNYCOLLINSON.COM/RETREATS

FURTHER INFORMATION:
WWW.PENNYCOLLINSON.COM/RETREATS
BOOKING BY EMAIL: HELLO@PENNYCOLLINSON.COM



DATES: FRIDAY 18TH APRIL (13.00 START)
TO MONDAY 21ST APRIL (16.00 FINISH)

PRICE: SLIDING SCALE £300-400 (PAY ACCORDING TO INCOME)

MARY ABRAMS



Mary Abrams (USA) brings passion, skill, and inquisitive spirit to her work with clients 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 teaches on the Continuum Teacher Training (Somatic Academy of Berlin), and as USA course leader taught on the Masters Dance & Somatic Well-being course (UCLan) . www.movingbodyresources.com

PENNY COLLINSON



Penny Collinson has worked in dance and somatic movement practices for 32 years 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.

Please email hello@pennycollinson.com to book your place. You will be sent a booking form. Please note your place is not secure until payment is made; a cancellation policy applies.

