

Penny Collinson

Body Focused Therapy
Somatic Movement



SOMATIC MOVEMENT

Group Workshops // One-One-Sessions



Fed up with feeling tired, stressed, drained or on edge? Fed up with niggling aches and pains?

Our busy lives can cause a build-up of bodily tension, which manifests in physical and mental symptoms.



Somatic movement is the practice of guided movements focused around relaxation and awareness.

Feel calm, comfortable and freer in your body. Discover the wellbeing and freedom which somatic movement can bring.

www.pennycollinson.com

t +44 (0)7979 445169 e hello@pennycollinson.com

a Morecambe, Lancashire

Choose which environment you'll feel most comfortable in

Group Workshops

- Once a month at the River Room, Halton Mill
- Small group size. Uplifting and encouraging
- A sociable, calm, welcoming atmosphere
- Suitable for everyone, no minimum level of flexibility required
- Guided exercises, movement, reflection and rest
- Participate at your level of comfort and enjoyment
- Rest and reconnect body and mind
- Can be done seated
- No minimum commitment

One-to-One Sessions

- Held in Penny's comfortable garden studio in Morecambe
- One to one sessions. Confidential, personal, safe space
- A relaxed, welcoming and supportive atmosphere
- Targeted movements to address underlying patterns and limitations
- Tailored around your circumstances, health, history and comfort
- Focusing on specific body areas, emotions or challenges
- All physical and mental health conditions welcome
- Supports chronic pain management and much more



For further information or reservations:

hello@pennycollinson.com or 07979 445169

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Facebook / Instagram: Look for **Penny Collinson Somatic Movement**

Penny Collinson is a registered somatic movement therapist and teacher with 30 years' experience. Penny offers workshops and retreats in movement and wellbeing, one-to-one therapy sessions, and professional supervision.

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