

## **Tending Heart Fires, Finding Magic in the Ashes**

### **Somatic Movement Retreat with Penny Collinson & Mary Abrams**

### **18<sup>th</sup> - 21<sup>st</sup> April 2025**

Heart fires start with a tiny urge, glimmer, desire, spark...one small beat sends a flow of warm, red blood through an entire circulatory system. One small impulse inspires movement for a lifetime. One small desire sparks a lifelong relationship. One glimmer of hope sets the course for change and new possibilities.

As we experience and watch our heart fires burn, we can feel and witness a transformation of solid elements into dancing flames and glowing embers, that eventually spark by spark disappear into dark, soft ash and dust.

When we take the time with interest to watch and experience a fire burning from beginning to end, we move into elemental time-space dimensions of transformation. Paper, sticks, logs, beliefs, ideas, relationships...all that we know...flicker, flame and roar. If these elements burn too fast, too hot, for too long, or diminish and barely glimmer, our health, creativity and relationships suffer.

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 the magic that lies deep in soft, quiet, darkness awaiting to rise again as a Phoenix of new health, new meanings, hopes, dreams, and more.

**During this 4-day workshop** 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.

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**Price:** Sliding scale between £300-400. Please pay according to your income. We kindly advise you to read the cancellation policy before making your booking. BACS details will be shared on the booking form.

Payment includes administration fee, facilitation by Penny and Mary, refreshments of teas, coffee, biscuits/cake (including GF) and fruit, and a contribution towards lunch on Saturday-Monday of soups and breads (including GF). Participants are responsible for their own travel and accommodation (suggestions on the booking form).

**Penny Collinson - Somatic Movement Educator & Therapist**

[hello@pennycollinson.com](mailto:hello@pennycollinson.com) | 07979445169

**Booking your place:** Please email Penny at [hello@pennycollinson.com](mailto:hello@pennycollinson.com)

You will be sent a booking form which includes the payment method and the cancellation policy. Places are limited and please note your booking will not be secured until payment is made. Accommodation ideas will be found on the form.

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

The [River Room Wellbeing Studio](#) in Halton, is part of Halton Mill and looks out over the River Lune. This beautiful indoor space is dedicated to embodied and holistic learning.

**Please note that daily workshops will take place indoors.** Participants are encouraged to enjoy the surrounding walks by the river in their breaks.

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## Who is it for?

Movement and somatic-informed practitioners who work within teaching, therapeutic as well as creative and performative contexts. Please note that this workshop is suitable for those with prior experience of and capacity for in-depth somatic movement processes, as well as being interested and able to work comfortably and safely within time frames, and with a partner/group.

## Self-care

Our work together will invite immersion and self-inquiry, as expected with somatic practice. The methods and approaches we offer will be paced and always invitational. We ask that all participants practice self-care during the retreat by taking part in activities in a way which supports your own wellbeing. Therefore pausing, taking time out, non-participation and/or amending activities are all welcomed to enable this. We are also able to suggest variations on the explorations to adapt to what you need at different times. However, before booking please consider your capacity to participate in a 4-day process, knowing that you are able to take responsibility for your mental and physical health. If you would like to discuss any of these points before booking, please email Mary on [mary@movingbodyresources.com](mailto:mary@movingbodyresources.com)

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## Biographies

**Penny and Mary have known one another for 18 years, and taught together on the MA Dance & Somatic Wellbeing programmes, which ran in UCLan, Preston and in New York, until 2021. They look forward to reconnecting with graduates, colleagues and practitioners of all kinds, as they offer a depth of expertise in holding creative processes and supporting personal and collective inquiry with care and compassion.**

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**Mary Abrams (USA)** - brings passion, skill, and inquisitive spirit to her work with clients, group classes, 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 currently teaches on the Continuum Teacher Training at the Somatic Academy of Berlin (Germany), and from 2007-2020 as USA course leader taught on the *Masters Dance & Somatic Well-being* course at the University of Central Lancashire (UK) and in the NYC. Dancing since childhood, her background includes 20 years of Continuum learning with Emilie Conrad and Susan Harper, ongoing work in epistemics & affect theory with Gary David, Ph.D., a BA in Dance at Olaf College, and an MA in Consciousness Studies focused on embodied movement practice and theory at Goddard College. [www.movingbodyresource.com](http://www.movingbodyresource.com)

**Penny Collinson (UK)** - is a movement artist and registered Somatic Movement Educator and Therapist in private therapeutic, community and educational settings. She also works extensively with professional movement practitioners, therapists and teachers as a mentor, consultant and 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> [www.pennycollinson.com](http://www.pennycollinson.com)



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