



Mary Abrams (US)
Penny Collinson (UK)
Venue: Moving Body Resources, NYC

Join Penny Collinson & Mary Abrams on a 4-day retreat in NYC. Heart fires are physical and emotional and can awaken our needs for tending them so that they keep burning in sustainable ways. This retreat invites us to gaze and breathe air into our heart flames and to initiate sacred change. As the fires quiet we can poke and brush through the embers and ashes, for what we feel and need, and for what we are ready to discover and learn from what lies deep in the soft, quiet, darkness...awaiting to rise again as a Phoenix of new health, new meanings, hopes, dreams, and more. For more info: www.pennycollinson.com/retreats & <https://movingbodyresources.com/upcoming-events-classes/>

Who's it for?

Movement practitioners who work within themselves, as well as in teaching, therapeutic, 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 spacious.

DATES: FRI-MON, 12-15 FEBRUARY 2027
COST: US \$450

About the Teachers

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, University of Central Lancashire, UK. www.movingbodyresources.com

Penny Collinson

Penny Collinson has worked in dance and somatic movement practices for 34 years and is an ISMETA registered educator and therapist. She lives in Morecambe, Lancashire, in the UK and is part of Shoreline Health in Movement CIC. Penny runs a private somatic therapy practice, and runs various community classes. She is also a professional supervisor supporting practitioners whose therapy/educative practices are somatic-informed. Most recently she has studied Internal Family Systems, which informs her work. www.pennycollinson.com

Book your place:
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