

## WORKSHOP

### 'Remembering the in-between'

*Movement - embodied imagination - art making*

*With dance artist and somatic movement practitioner/therapist,  
Gemma Higginbotham (MA,RSME/T)*



Facilitation will guide towards a detailed, embodied and poetic perceiving of ourselves in relationship with the world around us.

From a firm grounding in our bodies, we will explore our unique experiences within embodied imaginative practices and take this into art making/writing.

#### **You can expect to:**

- Engage in guided somatic/poetic movement practices.
- Occasionally work closely with others, including physical contact.
- Draw/write/make from experiences of embodied imaginative practice.
- Exchange verbally about experience within small groups or with a partner.

#### **Short bio:**

Gemma Higginbotham is a dance artist and registered somatic practitioner with ISMETA. She has been working with the poetics of the body for over thirty years.

She trained at Northern School of Contemporary Dance, Leeds, UK and then at PARTS (Performing Arts Research and Training Studios), Brussels, Belgium. Gemma holds an MA (distinction) in *Dance and Somatic Wellbeing: connections to the living body*, UCLan, UK.

Gemma has extensive experience as an international dance artist, both as performer and facilitator. She now works as a creative somatic movement therapist offering 1-1 client sessions from her studio in Cumbria, UK.

**Date/time:** Sunday 23<sup>rd</sup> November 2025, 1-5pm.

**Location:** Peoples Hall Sedbergh, Howgill Lane, Sedbergh, LA10 5DQ

**Cost:** £40.00 (payment details will be sent to you once you email your interest).

Limited places available. Please email: [enquire@gemmahigginbotham.co.uk](mailto:enquire@gemmahigginbotham.co.uk) to secure your place. For more information about Gemma please visit: [www.gemmahigginbotham.co.uk](http://www.gemmahigginbotham.co.uk)