

Adult Contemporary Dance Class Dance Connect



**NEW CLASSES every Thursday from January 15th 2026
6:30pm - 7:30pm**

at The Soul Space Studio, 1 Townley St, Morecambe

This class combines guided contemporary / lyrical style movement with alignment, weight transfer, flow and momentum, and spontaneous unchoreographed movement. It promises to be fun and welcoming.

Book here: email - hello@pennycollinson.com
or WhatsApp - 07979 445169

£10 per person or £8 if low waged or a Soul Space Studio member

(Please note the studio is on the first floor with no lift access)



Penny Collinson has worked in dance and somatic movement practices for 33 years. She is an ISMETA registered Educator and Somatic Movement Therapist.

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.



For more information on Penny's workshops, classes and 1-2-1 therapy sessions, scan the QR code, email hello@pennycollinson.com or call 07979 445169