

# Adult Contemporary Dance Class Dance Connect



**All Welcome**

**NEW CLASSES every Thursday from January 15<sup>th</sup> 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](mailto: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](mailto:hello@pennycollinson.com) or call 07979 445169