

## **Spring Dance Intensive: Dancing *OUT* – Dancing *IN***

### **Adult Contemporary Dance and Somatic Movement Practice**

**Wednesday 1<sup>st</sup> April – Friday 3<sup>rd</sup> April 2026**

This is an exciting opportunity to immerse yourself in an extended course combining contemporary dance and somatic movement practice.

Join Penny Collinson and members of *Shoreline, Health in Movement, CIC* – Mel Brierley, Anna Daly and Ruth Quinn as we explore dancing out and dancing in.

### **Each Day includes:**

A morning contemporary dance and improvisation/creative practice class, led by Penny Collinson

An afternoon of somatic movement led by different practitioners:

- Somatic Movement: Being & Becoming (Wed 1<sup>st</sup> April) with Ruth Quinn & Penny Collinson
- Somatic Movement: Caring & Connecting (Thurs 2<sup>nd</sup> April) with Mel Brierley
- Somatic Movement: Practising & Playing (Fri 3<sup>rd</sup> April) with Anna Daly & Penny Collinson

### **Dancing *OUT***

#### **3 Mornings of Contemporary Dance (10:00am – 12:30pm) with Penny Collinson**

These classes include guided contemporary/lyrical style movement with a focus on alignment, weight transfer, momentum, and flow, and improvisatory creative dance. This class will develop over the 3 days but can be stand-alone too. They are appropriate for all levels of experience, and they are definitely going to be fun.

### **Dancing *IN***

#### **3 Afternoons of Somatic Movement Practice (2:00pm – 4:30pm)**

Three separate sessions taken by three different practitioners exploring rest and relaxation, awareness and attention, curiosity and caring. In all the classes you are invited to move at your own pace and join in with as much or as little as you feel able.

Details below

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

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

## **Wednesday 1<sup>st</sup> April with Ruth Quinn and Penny Collinson**

### **Somatic Movement: Being and Becoming**

A workshop exploring how and why movement and sensory awareness can invigorate energy, calm and regulate our nervous systems bringing about a sense of bodily ease and new possibility. Moving explorations will stir imagination and prompt time for relaxation and rest. It will include some touch work with a partner which can be helpful if you are a practitioner working therapeutically with people and want to develop resources for supporting yourself and your clients.

## **Thursday 2<sup>nd</sup> April with Melanie Brierly**

### **Somatic Movement: Caring and Connecting**

What does it mean to care for ourself and others through somatic movement? In this workshop, Mel invites you to explore embodied, relational movement that supports compassion and empathy for yourself and others. Through moving with awareness and attention, you will have time to work both alone and together, and to reflect on what you notice and experience.

## **Friday 3<sup>rd</sup> April with Anna Daly and Penny Collinson**

### **Spring Dance Somatic Movement: Practising and Playing**

An afternoon to reconnect with play and joy, in our bodies. Accepting how we feel and move today, we remember simple movements of childhood –reaching, pulling, rolling, crawling and walking.

Exploring how curiosity, imagination and following movement prompted by your own body can help you rediscover vitality in new ways. Befriend your body as your playmate. It'll include solo, pair and small group activities - both led and creative. Followed by reflective rest, artwork and group sharing. A fun way to finish a Friday!

## Price

**£150 – 3 full days**

**£110 – 2 full days**

**£65 – 1 full day**

£30 per morning (£55 x 2 mornings, £80 x 3 mornings)

£40 per afternoon (£75 x 2 afternoons, £100 x 3 afternoons)

***We kindly advise you to read the cancellation policy before making your booking. BACS details will be shared on the booking form.***

**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 your booking will not be secured until payment is made.

**Location:** The Soul Space Studio, 1 Townley Street, Morecambe LA4 5JQ

The <https://www.thesoulpacestudio.com/> is a 5-minute walk from Morecambe Bay and the Promenade. This beautiful indoor space is dedicated to embodied and holistic learning.

**Please note that workshops will take place indoors and the studio is on the first floor with no lift access.** Participants are encouraged to enjoy the surrounding walks by the Bay in their breaks.

## Who is it for?

Anyone of any age and ability – no experience necessary.

## 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 workshops 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.

## Contact

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

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## Biographies

**Penny Collinson (UK)**—is a movement artist and registered Somatic Movement Educator and Therapist in private therapeutic, community and educational settings. She has trained for many years with Linda Hartley (IBMT), Miranda Tufnell, and is currently training with IFSCA on their Stepping Stones programme. She works extensively with professional movement practitioners, therapists and teachers as a 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)

**Ruth Quinn** is a psychotherapist in private practice with a background in movement and voice work. She works supervising and teaching other psychotherapists as well as client work. She is trained in a person-centred therapeutic approach and Hakomi, a body centred psychotherapy.

**Dr Mel Brierley (PhD)** explores dance and somatic movement with community groups and through one-to-one, home-based practice. Emerging from her research projects, she specialises in slow, gentle dance and movement for older people and for those living with neurodegenerative conditions, particularly Parkinson's disease and dementia. Mel also supports and mentors other dance and movement artists, helping them develop confidence, skills and care in their work. She is interested in how movement, nature, and creativity can support health, and how dancers can offer care in thoughtful, compassionate ways.

**Anna Daly** is an experienced community dance artist working across NW & UK for over 25 years with a specialism in movement play for early years and creative projects for those living with Dementia. Following 10 years with Ludus Dance, projects included working with The Dukes, Curious Minds, The Royal Ballet School, More Music, Rambert and Manchester Creative Health.