

Dancing our Dream Bodies: Moving, Feeling, Manifesting

Somatic Movement Intensive with Penny Collinson & Mary Abrams

Saturday 6th – Tuesday 9th June 2026

The imaginal realms of our humanness are as real to us as material objects. Images that we manifest through the day and at night when we dream, move our physiology in the same ways that the sights, sounds, smells, and movements of the environment move us.

When the needs of our organism are not fulfilled in timely ways, we immediately begin to think. This thinking movement is one expression of how we dream new possibilities for ourselves. We begin to imagine and wonder, *what could possibly meet our needs in a more efficient way?*

Through somatic movement practices and somatic imagination we can intentionally explore our day and night dreams to:

- Facilitate more clarity about our deeper needs
- Attend our deeper needs
- Support the expansion of our imaginations
- Manifest life dreams come true

By embodying our night transpersonal dream experiences, individually and in community, we can:

- Awaken our potential for dreaming
- Together create the lives we long to live
- Co-create the world we long to live in

Night dreams are gifts from the transpersonal activities that occur when we rest our bodies and let go of focusing on daily life. Within these dreams, our capacity to let go and feel and move beyond what's *normal*, extends us into the realms of *super-being*. Becoming a super-being relieves us of daily stresses, empowers us to do the impossible, and restores and strengthens us to return to waking daily functional and social life.

During this 4-day workshop 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, including the significance of symbols and metaphor. Practices will involve embodying our dream life through solo moving, sounding, mover-witnessing in partners and as a group, and explorations through writing, drawing, speaking, and creating aesthetic dreamscapes with tangible and intangible objects. Our days will be spaciouly structured to support rest and replenishment.

Penny Collinson - Somatic Movement Educator & Therapist

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Price: Sliding scale between £325-400. Please pay according to your income and consider the following:

Payment includes administration fee, facilitation by Penny and Mary, refreshments of teas, coffee, biscuits/cake (including GF) and fruit, and a contribution towards lunch each day of soups and breads (including GF). Participants are responsible for their own travel and accommodation (suggestions on the booking form).

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

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?

Movement and somatic-informed practitioners who work within teaching, therapeutic as well as creative and performative contexts. Please note that this workshop is suitable for those with prior experience of and capacity for in-depth somatic movement processes, as well as being interested and able to work comfortably and safely within time frames, and with a partner/group.

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. However, before booking please consider your capacity to participate in a 4-day process, knowing that you are able to take responsibility for your mental and physical health. If you would like to discuss any of these points before booking, please email Mary at mary@movingbodyresources.com

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Biographies

Penny and Mary have known one another for 19 years and taught together on the MA Dance & Somatic Wellbeing programmes, which ran in UCLan, Preston and in New York, until 2021. They look forward to reconnecting with graduates, colleagues and practitioners of all kinds, as they offer a depth of expertise in holding creative processes and supporting personal and collective inquiry with care and compassion.

Mary Abrams (USA)—brings passion, skill, and inquisitive spirit to her work with clients, classes, 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 currently teaches on the Continuum Teacher Training at the Somatic Academy of Berlin (Germany), and from 2007-2020 taught on the *Masters Dance & Somatic Well-being* course at the University of Central Lancashire (UK) and was the USA course leader in NYC 2009-2017. Dancing since childhood, her background includes 31 years of Continuum learning with Emilie Conrad and Susan Harper, ongoing work in epistemics, affect theory, and the art of learning with Gary David, Ph.D. Mary holds a BA in Dance from Olaf College, and an MA in Consciousness Studies focused on embodied movement practice and theory from Goddard College, and is a Registered Somatic Movement Educator with ISMETA. www.movingbodyresource.com

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