

INTERNATIONAL
GUEST
TEACHERS

MMM
CANADA
SUMMER
WORKSHOP
2024

TRENT UNIVERSITY JUNE 29 - JULY 6 RESIDENTIAL WORKSHOP

Nestled on the East Bank of the Otonabee River, in-person participants will be staying at the Gzowski Residence of Trent University in Peterborough, Ontario. Each room in the residence has AC, a double bed, and shares a bathroom with one other room. Rooms used for dancing are a short walk away at the Otonabee College.

MARGARET MORRIS

MODERN DANCE
PIONEER

DANCER, ARTIST &
PHYSIOTHERAPIST

THE MARGARET MORRIS
METHOD OF DANCE IS
TAUGHT WORLDWIDE &
IN CANADA SINCE 1951

About Us

Margaret Morris Method of Exercise & Dance (MMM Dance) is fundamentally a creative, progressive, and educational dance technique.

This unique system of exercise, dance, and contemporary movement is designed to include all ages & abilities.

Our Workshop

Since 1980, MMM members, students, families & friends have been gathering to enjoy a few days of dance, fitness & fun, relaxation & creativity. The Workshop brings together both adults & children, beginners & advanced, and offers both Recreational Classes & Teacher Training courses. The Workshop features accredited Canadian Instructors as well as Guest Teachers from overseas.

Similar to last year, we will run a 2-day Canadian "Biggin Hill" Style Workshop, followed by our 5-day Summer Workshop.

Members will have an option to participate for 2, 5 or 7 days of our Annual Workshop!

Classes are taught by Internationally Accredited Margaret Morris Method of Dance Teachers and visiting International Guest Teachers from overseas. A variety of classes will be offered including MMM Colours, Dance Technique, Improvisation, Creative Dance & Relaxation, Yoga & more!

Accommodation, meals and all general classes are included in the workshop fees. Intensive Courses & Teacher Training are available for an additional charge.

Join us!



Dance, Fitness,
Creativity & Fun



Margaret Morris
Method of Dance
Canada



In Person
Residential
Workshop

613-250-0207

susanljack@gmail.com

www.mmmcanada.ca

2024 MMM CANADA SUMMER WORKSHOP JUNE 29 - JULY 6

BIGGIN HILL

June 29 - Jul 1

Together as one group,
explore the MMM
Colours, have fun with
Dance Technique,
Creative Classes &
more!



SUMMER WORKSHOP

July 1-6

Working in big and small
groups enjoying Creative
Dance, MMM Colours,
Dance Technique,
Specialized Classes, Teacher
Training, Children's
Programs and more!



An enjoyable multi-day workshop of movement, exercise & dance for people of all ages and all abilities. Classes are taught by our Canadian Internationally Accredited Margaret Morris Method of Dance Teachers and visiting International Guest Teachers from overseas. A variety of classes will be offered including MMM Colours, Dance Technique, Improvisation, Creative Dance & Relaxation, and Yoga.

Nestled on the East Bank of the Otonabee River, our participants will be staying at the Gzowski Residence of Trent University in Peterborough, Ontario. Each residence room in has AC, a double bed, and shares a bathroom with one other room. Rooms used for dancing are a short walk away at the Otonabee College.

Accommodation, meals and all general classes are included in the cost.
Intensive Courses & Teacher Training are available for an additional charge.

REGISTER NOW!



MMM CANADA SUMMER WORKSHOP 2024



CANADIAN &
INTERNATIONAL
GUEST
TEACHERS

COURSE FEES ~ 2024

Course A ~ Biggin Hill

June 29 - July 1, 2024

The 'Canadian Biggin Hill' format was originally based on the UK model that was offered in Canada until 2003 as a pre-workshop to our MMM Canada Summer Workshop. Reintroduced for our 2023 Summer Workshop, it was a big success!! Participants in this course will have the opportunity to review the MMM Colours, have fun with Dance Technique, Creative Classes & more!

Arrive by 1pm on June 29th. The first class will begin at 3pm sharp!

Classes will conclude on the morning of July 1st at 12 noon, with departure after lunch.

Note: There will be no children's program/supervision offered during this 2-day workshop.

Children are welcome to attend, but remain under parent/guardian supervision.

Adult / Children ~ 2-days \$495

*Summer Workshop
2024
Join Us!*

Course B ~ MMM Canada Summer Workshop

July 1 - July 6, 2024

Our Canadian Summer Workshop offers 5 days of specialized and unique programming including; MMM Colours, Creative Dance, Dance Technique, Specialized Classes, Intensive Colour Classes, Teacher Training, Children's Programs, Art Classes and more!

*Arrive **for lunch** on July 1st. The first class will begin at 1:45pm!*

Classes will conclude on the morning of July 6th at 11am with departure after lunch.

Adults ~ 5-days \$1265

Children ~ 5-days \$990

Course A+B ~ Full Package - 7-Day Workshop

June 29 - July 6, 2024

Adult ~ 7-days \$1650

Children ~ 7-days \$1380

Daily Residential Fees

Adult ~ \$300 / day

Junior ~ \$240 / day

Options for Course B (Summer Workshop)

Intensive Course - Adult ~ \$100

Intensive Course - Junior ~ \$75

Teacher Training Course(s)

Per Teaching Level ~ \$300

Deposits due April 1st.

Adult \$400/ Junior \$300

5% family discount (if applicable)

2024 Membership Fee (if applicable)

Adult \$40 / Junior \$25 / Teacher \$80

Join us!

☎ 613-250-0207

✉ susanljack@gmail.com

🌐 www.mmmcanada.ca

