

GUEST TEACHERS

Takao Kazama

(GR)

Ann Flower

(UK)

MMM
CANADA
SUMMER
WORKSHOP
2023

TRENT UNIVERSITY JULY 1-8 RESIDENTIAL / ONLINE

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 together 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.

This year, we will be revisiting a format that was last offered 20 years ago, in 2003! We will run a 2-day Canadian "Biggin Hill" Style Workshop, followed by our 5-day Summer Workshop similar to last year. Members will have an option for 2, 5 or 7 days of MMM.

Classes are taught by accredited Margaret Morris Method of Dance Teachers and visiting Guest Teachers from overseas. A variety of classes will be offered including MMM Colours, Dance Technique, improvisation, creative & relaxation, and yoga.

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

Join us!



In Person
Residential
Workshop



Dance, Fitness,
Creativity & Fun



Daily
Online
Classes

613-250-0207

susanljack@gmail.com

www.mmmcanada.ca



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COURSE FEES ~ 2023

Course A ~ Biggin Hill

July 1-3, 2023

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. 20 years later, we are please to bring it back !

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 July 1st. The first class will begin at 3pm!

Classes will conclude on the morning of July 3rd 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 ~ 2-days \$450

Children ~ 2-days \$350

*Summer Workshop
2023
Join Us!*

Course B ~ MMM Canada Summer Workshop

July 3-8, 2023

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 by 1pm on July 3rd. The first class will begin at 3pm!

Classes will conclude on the morning of July 8th at 11am with departure after lunch.

Adults ~ 5-days \$1150

Children ~ 5-days \$900

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

July 1-8, 2023

Adult ~ 7-days \$1500

Children ~ 7-days \$1150

Daily Residential Fees

Adult ~ \$275 / day

Junior ~ \$220 / day

Options for Course B (Summer Workshop)

Intensive Course - Adult ~ \$100

Intensive Course - Junior ~ \$75

Teaching Course(s) ~ \$250

Online Classes

Individual Class ~ \$20

Week of Classes ~ \$90

Deposits due April 1st.

Adult \$350 / Junior \$250

10 % family discount (if applicable)

2023 Membership Fee (if applicable)

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

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