

Dear Members,

I hope you are all well and had a lovely summer. Now we are “back to work” again it’s time to think about keeping fit as the days shorten and the weather turns cooler.

I’m pleased to announce that we will be continuing our online MMM classes of Basic to Orange exercises and variations, beginning on **30 September**. This block will be one-hour classes, **10 – 11 am UK time**, every two weeks, so the dates to put in your diary are:

Tuesday 30 September

Tuesday 14 October

Tuesday 28 October

Tuesday 11 November

Tuesday 25 November

Tuesday 9 December

The block of 6 classes will cost £30 and as before there can be no reductions or refunds. Please see the registration form attached to this email. Your form and payment should be with us no later than **Wednesday 24 September** to ensure you receive the link on Monday 29 September. As these classes are for members only, it goes without saying that your membership should be paid up to date.

If you have registered for a block of classes already this year and sent in the registration form, there is no need to repeat it, but please ensure your payment reaches our account in time.

The Zoom link will be sent on Monday 29 September and the same link will be used for all classes in this series.

I look forward to seeing you again online and wish you meanwhile a good start to the autumn term – stay fit and healthy!

Gillian M. Goldberger

Director, MMM International Ltd

[Kirchtruderinger Str. 9](#)

[81829 Munich, Germany](#)

+49 89 943530+49 177 229 4312

[directorgg@margaretmorrismovement.com](mailto:directorgg@margaretmorrismovement.com)

[www.margaretmorrismovement.com](http://www.margaretmorrismovement.com)