

MMM DANCE ONLINE CLASSES ~ 2025 - 2026

~ **FALL Session** with instructor Susan Jack ~

ONLINE CLASSES (Zoom): ADD +5.0 for UK Time!

Monday

1:00 - 2:00 pm ~ Dynamics & Quality of Movement

Wednesday

7:00 - 8:30 pm ~ Basic-Intermediate

Private Intensive Sessions

Set up as needed/requested

COURSE DESCRIPTION:

Dynamics & Quality of Movement:

Sep 22 - Dec 1 (no class on Oct 13) ~ 10 weeks

\$100 CAD

This class will focus on the dynamics and qualities of movement found in the Margaret Morris Method of Dance method. Dynamics such as strength, softness, twist, continuity, elevation, and lightness will be explored. We will continue our work on our sense of rhythm & timing of movement, our sense of body position in space, and continuity of movement in the exercise sequences.

Basic-Intermediate:

Sep 24 - Dec 3 ~ 11 weeks

\$143 CAD

An introduction to the Margaret Morris Method of Dance (MMM), this class is designed to give you a balanced and strong body through dance and movement. You will learn exercises and dance sequences starting at the first dance level (Basic), to build your strong foundation in MMM Dance. We will focus on free movement, opposition, balance, mobility, stretch & strengthening of muscles while maintaining correct posture and using special breathing techniques. Included in the class is work from the Dance Technique levels, choreographies & creative movement.

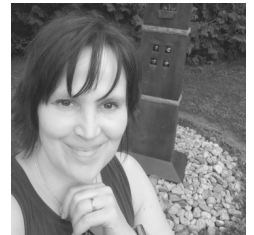
Your MMM Membership must be current to register for any classes.



INSTRUCTOR:

Susan Jack has been involved the Margaret Morris Method of Dance for over 40 years & has been teaching in the Ottawa Area for over 23 years. She is a diploma teacher and has passed all the teaching levels with distinction. She teaches children, adults, mature adults and seniors, at the beginner, intermediate and advanced levels.

Susan has a love of music, dance and movement that she is excited to share with you!



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.

Information & Registration:

Susan Jack

613-250-0207

susanljack@gmail.com

mmmdance.susanjack.square.site

www.mmmcanada.com

www.margaretmorrismovement.com

www.facebook.com/MMMDance.SusanJack