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FOR HEALTHY LIVING  
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**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

**The NSYMCA's North Suburban School of Dance Director  
Receives Advanced Teaching Certifications**

**Northbrook, IL; March 2021:** A mindful dance teacher encourages their students to be the best in dance and in life, as Shannon Mundorf, the Senior Director of the North Suburban YMCA's acclaimed North Suburban School of Dance (NSSOD) can attest to. Earlier this year, Mundorf, who has been leading the Y's Performing Arts Program since 2013, received teaching certifications in the mUvmethod Level 1 and 2 and the Progressing Ballet Technique.

The mUvmentod Level 1 and 2 is a year-long flexibility training certification program designed by Christine Jones, a former dancer. Covering extensive coursework in yoga, Pilates, and anatomy, the program incorporates the science of stretching and how to safely create healthy, sustainable, and functional flexibility and mobility within a dance student's body.

"We never want to push our dancers. Our goal is to teach them a better, safer, more holistic way to move," said Shannon Mundorf, adding, "Dance has become more attention-based on anatomy, working within the dancer's body potential versus how to use the generic body form for a specific movement. Rather than teach movements from an outside aesthetic, we teach our dancers to move from the inside out, allowing them to focus on maintaining healthy joints and muscles so they can dance longer."

The Progressing Ballet Technique Certification is a conditioning and strengthening program designed to enhance students' technique by training muscle memory and working with internal muscle alignment. Adds Mundorf, "Dance is a flowing art form. If a dancer's flexibility is limited, it can be challenging to make these movements. That's why we feel it's imperative that our students develop a healthy range of motion."

Mundorf's certifications have inspired the North Suburban School of Dance to launch a new strength and conditioning program for athletes, dancers, and gymnasts. The program is scheduled to

begin in Fall of 2021. For more information on the NSYMCA's Performing Arts programming, please contact Shannon Munsdorf at [smundsorf@nsymca.org](mailto:smundsorf@nsymca.org); or visit [www.nsymca.org](http://www.nsymca.org).

### **About the [North Suburban YMCA](#)**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).

### **About the North Suburban School of Dance**

NSSOD offers a quality dance education that is geared toward the positive enhancement and growth of your child, not just as a dancer, but as an individual as well. In addition to proper technique, our students learn respect for themselves and others, responsibility, caring, honesty and a genuine love for the arts. We believe the confidence and discipline learned by studying dance produce students who are well-rounded individuals, able to face life's challenges and opportunities.



*Caption: Shannon Munsdorf, Senior Director of the North Suburban School of Dance, shown here adjusting a dance student at the NSYMCA, has recently received certifications in the mUvmethod Level 1 and 2 and the Progressing Ballet Technique.*