

March 2 - April 3, 2019

BARRE INSTRUCTOR CERTIFICATION

Company: BARRE VIDA®

Location: Brooklyn, NY

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BECOME A BARRE INSTRUCTOR!

A two day (12 hour) in person extensive barre certification course. A NASM and AFAA provider, this Barre training course prepares instructors and trainers to teach a barre class or private training session with or without a ballet barre. Once a graduate, Barre Vida will place you with a gym or workout facility so you can start to teach immediately!!

In this certification you will learn how to format a complete barre class with music, the exercise science of the barre method, and how to cue and execute each exercise properly. During the training you will practice teach, understand injury modifications, and advanced techniques. With the training comes access to the online Barre Vida manual with videos and choreography options with playlists. Special emphasis on musicality (beat matching), form, and teacher presence are taught.

more info at: www.barrevidausa.com

BARRE VIDA®
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Schedule
March 2, 2019: 12:30pm
April 3, 2019: 12:30pm

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