

June 24 - July 30, 2023

Summer Alexander Technique Principles Certification

Company: Balance Arts Center
Venue: Balance Arts Center/Zoom
Location: New York, NY

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The Alexander Technique Principles for Performing Arts Certification provides you with an overview and survey of the AT principles, application of these principles to your specific art form, and the ability to recognize and communicate the principles as they apply to your learning and teaching situations. This certification process is a 3 level sequence. Each level consists of a two-day unit that includes both theory and practical work. Additional materials that support the course work will be included in the course.

This intensive runs over the course of 3 separate weekends and takes place both online via Zoom and in person at the Balance Arts Center. Program Structure: The three levels of certification can be taken separately and should be completed in sequence. Repeating levels is suggested given the amount of depth and nuance in each AT Principle.

June 24th & 25th - Level 1

Alexander Technique Principles

July 8th & 9th - Level 2

Application of the AT Principles to Your Performing Art

July 29th & 30th - Level 3

Application of the AT Principles to Your Teaching

Students have the option to participate virtually or in person at the BAC.

Learn more and register at: balanceartscenter.com/summer-at-principles-certification

Balance Arts Center
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New York, NY, 10001
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<http://balanceartscenter.com/summer-at-principles-certification>

Schedule

June 24, 2023: 10:00am
June 25, 2023: 10:00am
July 8, 2023: 10:00am
July 9, 2023: 10:00am
July 29, 2023: 10:00am
July 30, 2023: 10:00am

[< back](#)

[previous listing](#) • [next listing](#)