

March 26 - June 12, 2022

Virtual Alexander Technique Principles Certification - Levels 1-3

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

► [Share](#) | [Print](#) | [Download](#)



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 Virtual Intensive takes place over the course of 3 separate weekends and runs March 26th-27th, April 30th-May 1st, and June 11th-12th. All classes will take place on Zoom.

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.

March 26th & 27th - Level 1

Level I: Alexander Technique Principles

April 30th & May 1st - Level 2

Level II: Application of the AT Principles to your Performing Art

June 11th & 12th - Level 3

Level III: Teaching the AT Principles

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

Balance Arts Center
 151 W. 30th St, 3rd Floor
 New York, NY, 10001
 6468125390
<http://balanceartscenter.com/virtual-at-principles-certification>

Schedule
 March 26, 2022: 10:00am
 March 27, 2022: 10:00am
 April 30, 2022: 10:00am
 May 1, 2022: 10:00am
 June 11, 2022: 10:00am
 June 12, 2022: 10:00am

[< back](#)

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