

March 26 - June 12, 2022

Virtual Alexander Technique Principles Certification - Levels 1-3

Company: Balance Arts Center
Venue: 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 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
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<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

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