

March, 6-25, 2023

Alexander Technique Principles Certification - Online & In Person

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.

March 25th & 26th - Level 1

Alexander Technique Principles

April 29th & 30th - Level 2

Application of the AT Principles to Your Performing Art

June 3rd & 4th - Level 3

Application of the AT Principles to Your Teaching

Scholarships available!

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

Balance Arts Center
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<http://balanceartscenter.com/hybrid-at-principles-certification>

Schedule

March 6, 2023: 10:00am

March 25, 2023: 10:00am

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