

March, 28-29, 2020

## BARRE INSTRUCTOR CERTIFICATION

Company: Barre Vida  
Venue: STUDIO 55C  
Location: New York , NY

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Joanna

Barre Vida Certification trainings are intense and fun 12 hour in person training courses that certify you to teach barre upon completion of the training. They focus on TEACHING and cueing an effective barre class that is adaptable to all levels. Barre Vida is leading the industry in providing qualified barre instructors who know hands-on corrections, modifications, beat musicality, and teacher presence. Learn all of this plus receive the manual with barre exercises, practice teaching them to the correct BPM during the training, understand barre alignment, learn about the Lotte Berk foundation exercises, and know the exercise science behind barre. MOST importantly become a confident barre instructor!! No re-Certification fee, NASM and AFAA CEUS. This training is directed towards dancers, fitness instructor, yoga instructor, or anyone with knowledge in exercise science and physiology.

\$300.00 until February 25th and then \$399.00 after.

Barre Vida  
55 Avenue C  
New York , NY, 10009  
<https://www.barrevida.org/instructor-certification1>

Schedule  
March 28, 2020: 12:00pm  
March 29, 2020: 12:00pm

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