

February, 7-8, 2026

## Balance Arts Center Spring 2026 Alexander Technique Principles Certification Level 1

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 takes place over the course of 3 separate weekends and runs February 7th & 8th, March 21st & 22nd, and April 11th & 12th.

Level 1: \$250, Early bird rate: \$200

Register by January 20th by 5pm EST for \$50 off.

Registration is due February 3rd by 5pm EST.

Learn more & Register at [balanceartscenter.com/spring-at-principles-certification](http://balanceartscenter.com/spring-at-principles-certification)

Balance Arts Center  
151 W 30th St 3rd floor  
New York, NY, 10001  
646-812-5390

<http://balanceartscenter.com/spring-at-principles-certification>

### Schedule

February 7, 2026: 10:00am

February 8, 2026: 10:00am

[< back](#)

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