

November, 3-10, 2019

## Barre Instructor Training and Certification

Company: Barre Vida  
Location: Brooklyn, Ny

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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 feed, 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 October 1st

399.00 October 1st and after

Barre Vida  
1087 Flushing Ave  
Brooklyn, Ny, 11237  
<http://www.barrevida.org>

Schedule  
November 3, 2019: 2:00pm  
November 10, 2019: 2:00pm

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