

BARRE INSTRUCTOR TRAINING

"Having the time to really practice in a safe space made me realize teaching barre is something I can do".

12 HOUR BARRE INSTRUCTOR
TRAINING COURSE

Friday Nov 10 5:30-8:30pm
Sunday Nov 13 1:00-6pm

\$450

BARRE INSTRUCTOR TRAINING

This 12-hour course focuses on the essential components of an excellent barre instructor.

Learn all about:

- ✓ Foundational movements by muscle group and barre language
- ✓ Music, cueing, vocal dynamics, demonstration & motivation
- ✓ Class Design
- ✓ Demonstrating proper form and alignment
- ✓ Preparing to find your first job

This Course Includes:

- ✓ A comprehensive training manual
- ✓ 2 free barre classes
- ✓ Loads of hands on correction, demonstration and real time feedback
- ✓ Written feedback to take away at the end of the course
- ✓ Learning from successful professional barre instructors

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Receive a Certificate of Completion to submit for positions or for continuing education credits.