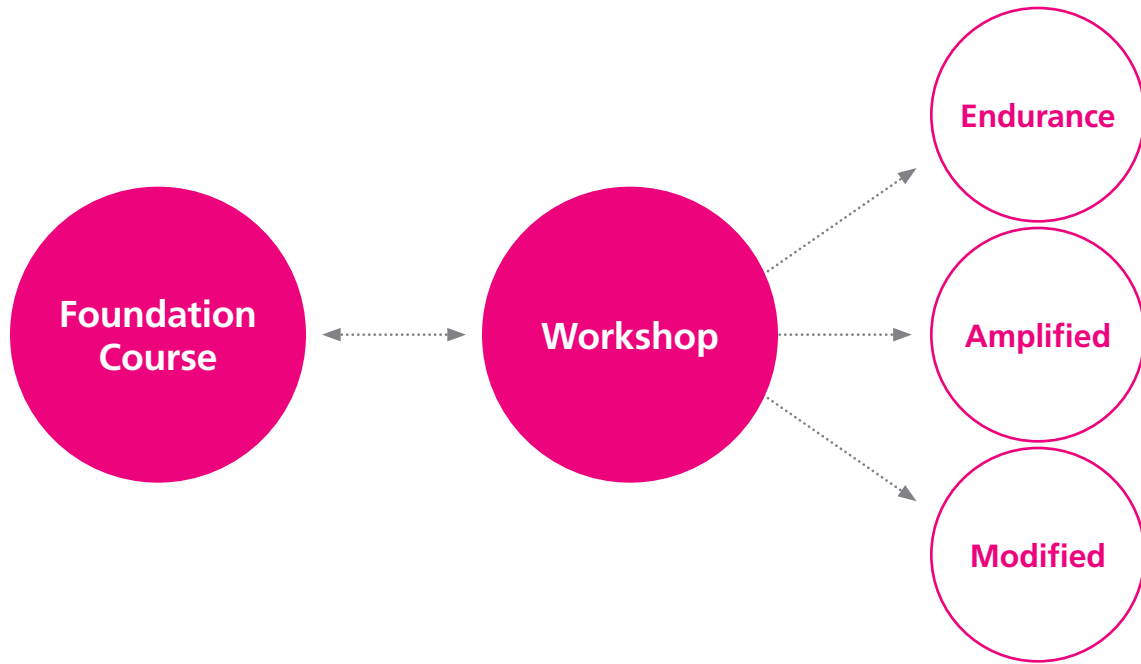


Total Barre[™]

Career Paths



Instructor Foundation Course

Participants are introduced to the Total Barre Principles – six movement awareness fundamentals that provide the structure and biomechanical basis for each exercise. Experience the movements, examine the application of the principles and learn the essence of each exercise along with theories of dynamic stability, optimal mobility, and movement efficiency.

Upon receipt of your certificate after completing the Total Barre Foundation Course you are entitled to identify yourself as a Total Barre[™] Qualified Instructor.

Workshops

Total Barre continuing education workshops, are perfect for Instructors looking to bring music-inspired ballet and dance movement to clients organized by tracks or workshops. Includes creating choreography, endurance workouts and training for pre- & post-natal clients.

Endurance

Designed to build intensity more quickly, the workouts move more fluidly, building the desired muscular endurance.

Amplified

Workouts feature movements that are faster and more intense and are designed for physically conditioned clients.

Modified

Designed for populations with restricted movement due to injury, age or other physical conditions. The workouts offer gentle and effective movements.