



yoga . barre . pilates

## BALANCE BARRE TRAINING OUTLINE

HISTORY AND INCEPTION OF THE METHOD

FOUNDATION AND FUNCTION: why and how the method works

ANATOMY: 2 hours; method specific

CORE PRINCIPLES: Emphasizing Pilates methodology for barre specific proficiency

SAFETY: Contraindications and injury prevention CLASS

ORGANIZATION: Format and sequencing

EXERCISE MASTERY: Analysis, categorization and study of individual exercises

CUEING: Verbal, tactile and hands-on assists and adjustments

MOTIVATION: Techniques for impassioning and energizing students, encouraging progression and deepening of internal connection

MUSIC: How to create mixes to enhance, motivate and direct intensity

OBSERVATION: 3 hours class time observation

ASSISTING: 3 hours active class assisting and adjusting

PRACTICE TEACHING HOURS: 3 hours

