

February 24 - April 28, 2024

## AT Principles Certification - Online & In Person

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.

### Program Structure:

This intensive runs over the course of 3 separate weekends and takes place both online via Zoom and in person at the Balance Arts Center. The three levels of certification can be taken separately and should be completed in sequence. Repeating levels is suggested given the amount of depth and nuance in each AT Principle.

February 24th & 25th - Level 1

Alexander Technique Principles

March 16th & 17th - Level 2

Application of the AT Principles to Your Performing Art

April 27th & 28th - Level 3

Application of the AT Principles to Your Teaching

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

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

### Schedule

February 24, 2024: 10:00am  
February 25, 2024: 10:00am  
March 15, 2024: 10:00am  
March 16, 2024: 10:00am  
April 27, 2024: 10:00am  
April 28, 2024: 10:00am

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