

BARRESENTIAL

Teacher Training Course





change your perspective

Follow us to make an impact

What is Barre?

You may have heard more and more people talking about Barre over the last two years.

Is it pronounced "bar" or "bar-ray?"

Is it Ballet?

Is it Yoga?

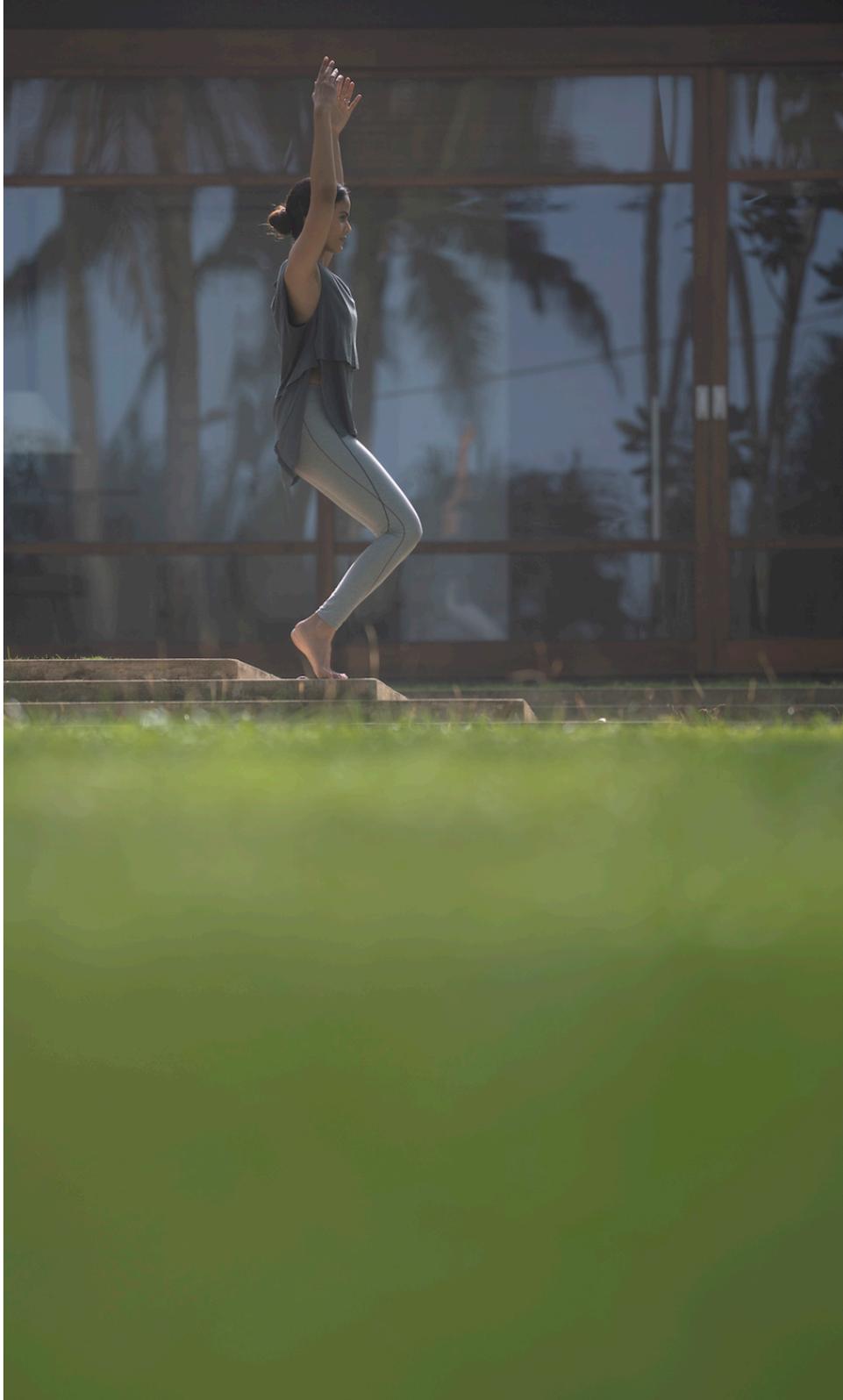
Barre (bār) is an intelligent exercise method crafted by ballerina Lotte Burke in the 1950s to rehabilitate herself through an injury. Over the last ten years, it has gained popularity in the West as a form of mainstream exercise. Women flock to Barre studios around the UK, US and Australia to feel the "barre burn"!

Barre focuses on breaking up muscle fibres in the major muscle groups: thighs, glutes and abs via eccentric and isometric contractions. The different combinations of small yet potent movements challenge the smaller accessory muscles and the brain as well as the usual major muscles using own body weight and props such as balls, bands & small weights.

Though it has a foundation in Ballet and uses a Ballet Barre for body weight exercises, it is not dance. Classes are choreographed to challenge muscles but not over-tax them and it doesn't hurt that each class is matched to fun, upbeat tunes.

Instructors make or break a Barre class. You need to challenge your clients but not ingratiate them. You need to be empathetic but not a push over. You need to have a hawk's eye to detail and an intrinsic understanding of anatomy to make sure clients are challenged yet free from injury. You need to have excellent form in each of the exercises.

Oh, having a voice that people can listen to for a full hour without clawing their brains out is a bonus!



The Barressential Method

The Barressential Method has been carefully crafted uniting the best stylistic influences from US, UK and Europe with our specialist knowledge of musculoskeletal systems and our primary value of “first do no harm”.

Our clients keep coming back to us because be it one or four classes a week, we keep challenging their bodies & minds in safe, effective & challenging movements.

We build strength & endurance.

Becoming a Barressential Method Trained Barre Instructor is not just about you. It's about serving clients with the best tools possible.

It's about seeing lasting change in them and knowing that you played a part in making their lives better.

Our course is taught by Lead Instructor & creator of the Method, **Nare Bandaranayake**. Nare holds a BSc in Neuroscience from King's College, London & a Master of Finance from the University of Cambridge and is a certified Barre instructor. She is a self-confessed geek with 750 hours of Barre teaching experience under her belt.

Who is the Course for?

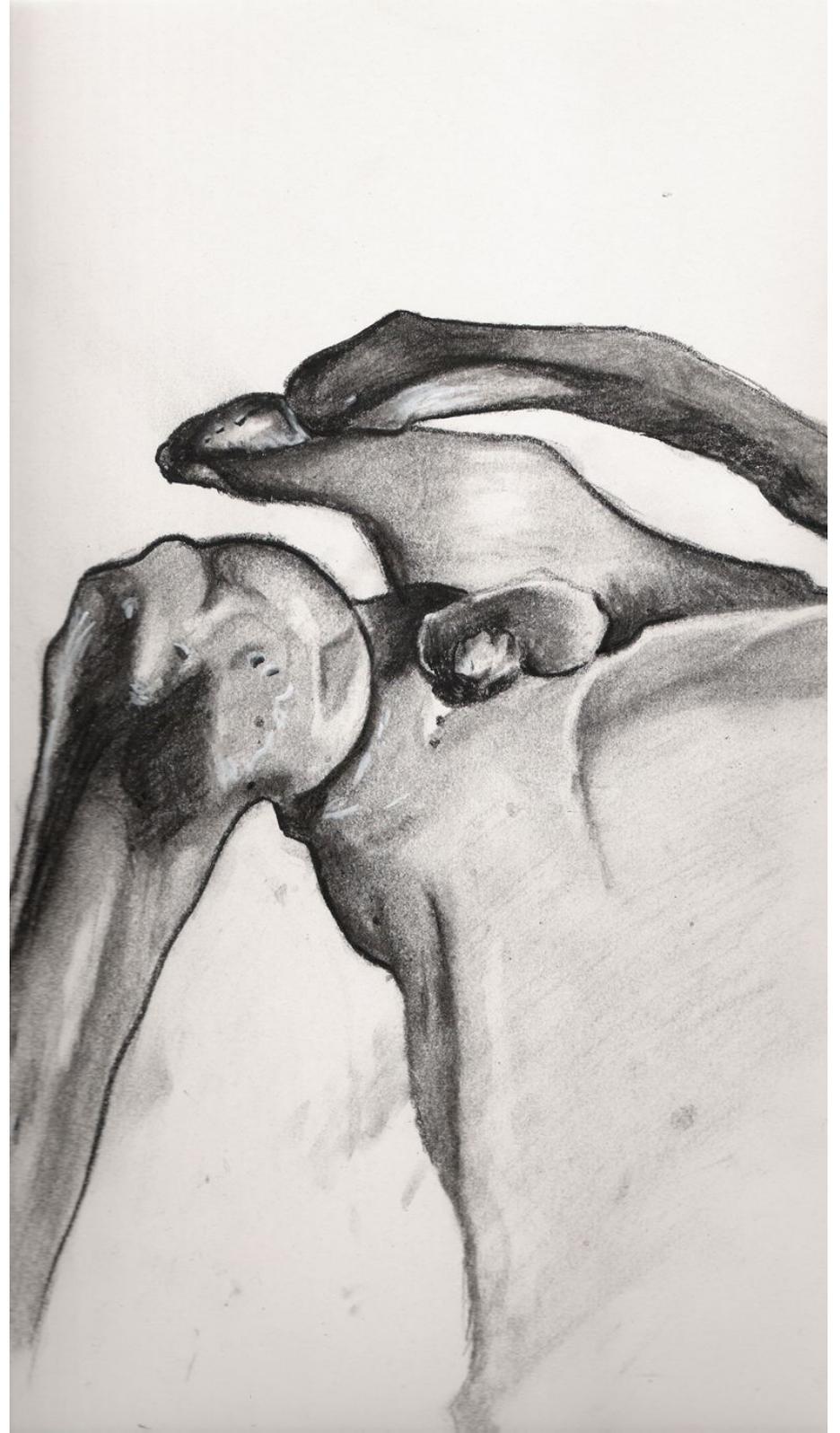
- For those that want to add a new & innovative exercise to their existing repertoire / gym
- For those that want to engage their entrepreneurial side and start their own business
- For those that want to dabble in fitness outside of their day job
- For fitness fanatics who can't get enough of working out



The Curriculum

Our course covers the following principles & foundations that make the Barressential Method one of the most challenging workouts in town.

- Fundamental Musculoskeletal Anatomy & Kinesthesiology
- The Barressential Method exercises
- Cueing, Setting Up & Alignment
- Best in Class Teaching Skills
- Sequencing & Formatting 60 minute classes
- Modifications & Challenges
- Adjustments for Special Populations
- Observation Hours
- Practice Teaching
- Class Participation (if you aren't a great Barre student, it's hard to be a great Barre instructor)





75 hour breakdown

Time is precious. So we want to effectively use all the time we have with you to pour in knowledge. As any good course, we will be testing you throughout to make sure you have understood the material thoroughly.

The course is comprised of:

- 28 hours of learning
- 10 hours of observation
- 10 hours of class participation
- 15 hours of self-study
- 7 hours of teaching practice
- 3 hours of class planning
- 2 hour final assessment (practical + theory)



Continuing education

Barressential is built on the premise that **learning is a life-long practice**. It didn't end at school and it doesn't end once the course is over.

You then become a certified part of our community.

We host workshops, masterclasses and continuing education courses conducted by our lead instructor as well as visiting international senior trainers.

Our aim is to keep you up to date with the latest research in musculoskeletal systems & fitness, new choreography and provide you with additional tools to amp up your practice/business.

If you are curious to learn, we strive to teach you!

Dates

November 3rd - 23rd, 2018

Learning Hours will fall on the weekends of 3/4, 10/11, 17/18 November with weekday evening schedules personalized per student's availability.

Investment

LKR 75,000

50% to be paid at time of booking and remainder to be paid prior to course start date.

Attendance

This intensive course is comprehensive in material therefore attendance for 90% of the course is mandatory to receive certificate.

Interested?

Enroll today! Email us on hello@barressential.com or visit www.barressential.com/tt



Join us

Experience the Barressential difference