

# Move It Barre Teacher Training Details\*

## Training Prerequisites

- Background in ballet technique OR at least 20 Move It Barre classes.
- Completed application.

## Training Weekend

- Embodied Anatomy Training (included in weekend with some prerequisite work).
- 18 Hour Level 1 Training (March 1 - 3, 2019) -
  - Includes an overview of Move It Barre philosophy, exercises, class sequencing, approach to choreography, teaching methods, hands-on practice, and detailed manual.
- Led by Move It Barre founder and movement expert Marie Cleaves Rothacker with guest teacher Sarah Yukie Gingrich, founder of Create Karma and anatomy expert.
- Guest facilitators in choreography and self-care.

## Apprenticeship (required for consideration at Move it Studio)

- Runs from March 4 through May 4, 2019.
- Free unlimited classes during the apprenticeship period.
- Partnering with a coach (current or former Move It Barre teacher) to guide you through your training.
- Unlimited communication access to your coach.
- Biweekly 30 minute check-ins for feedback and private coaching.
- Two 30 minute sessions with founder, Marie Cleaves Rothacker.

\* more information available upon request, taking the training does not guarantee a position at Move It Studio, it is up to the facilitator to determine if more than the minimum requirements are necessary.

\*\* payment plans available upon request

# Move It Barre

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- Direct feedback from teachers you assist.
- Additional support and planning as needed.

### Requirements to Complete Apprenticeship

- 10 hours of observation
- 10 hours of assisting
- 2 full 55 minute classes taught at Move It Studio (distance provisions available upon request) within 3 months of weekend training

### Cost of Training\*\*

- Level 1 Weekend Course - \$650
- Apprenticeship Program - \$850

### Weekend Training Schedule (held at Move It Studio Lititz)

- Level 1 Course
  - Friday, March 1 - 5:30 PM - 9 PM
  - Saturday, March 2 - 10:30 AM - 5:30 PM
  - Sunday, March 3 - 10:30 AM - 5:30 PM

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