

### Options for Study for International Students:

- Alexander Technique Introductory Certificate (75 Hours)
- Performing Arts Certificate (300 Hours)
- Alexander Technique Teacher Training Program (1600 Hours)

Applications are accepted on a rolling basis.

Students are encouraged to begin their training in September or January.



## NEW YORK CITY TEACHER TRAINING IN THE ALEXANDER TECHNIQUE

The Balance Arts Center sponsors International Students for M-1 Visas for the Alexander Technique Teacher Training Program. This immersive course allows students to deeply integrate and refine the practices and principles of AT into their own use and communicate them to others. Students studying at this level experience deep personal change and growth while being immersed in a supportive group learning environment. The Teacher Training Program is a 1600 hour training to be completed over a 3-5 year period, certified by AmSAT.

Directed by Ann Rodiger, the BAC has become internationally renowned for a unique approach to the AT and its application directly to the performing arts. This program's focus is on integrating technique, practice, and performance.

See our website or scan the QR code for more information and to apply!