



Teacher Training Outline

Barre Warrior is a road tested and highly effective Barre Program, formed from working and choreographing for over a decade in the dance and fitness industries. Having developed the Barre Warrior program for my studio, Barre Yoga in Auckland, it has been refined through extensive teaching in Australia and New Zealand since 2016. Barre Warrior is a platform for Yoga, Pilates teachers Fitness Trainers and dance school graduates with a passion to teach and to broaden their skill base. Barre Warrior is designed to be a thoroughly comprehensive, alignment conscious, safe, effective training with an ethos of mind-body integration synonymous Somatic and functional movement. Barre Warrior also empowers the practitioner through physical strength and a fun factor suitable for men and women alike.

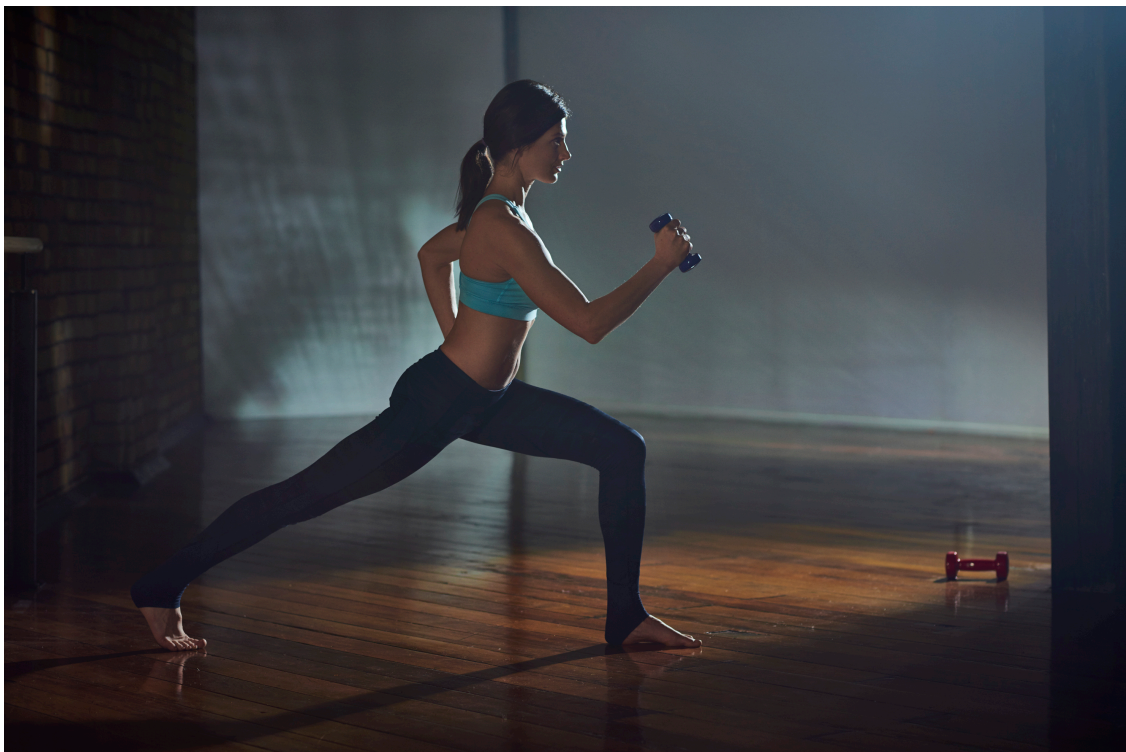


ABOUT BARRE WARRIOR

The Barre Warrior practice leaves you with a sense of grace (dance element), mental well-being (yoga element) and physical strength and fitness (pilates+cardio). It is the work out for the warrior prince/princess within.

This is a unique blend of pilates, yoga and dance training techniques. Technique is broken down into steps that anyone can do, no prior dance experience necessary. Classes are offered, such as Barre Warrior, the signature class, that ramps up the pace to challenge endurance, strength and fitness, adding weights and high-intensity interval training.

Barre Warrior is the perfect training for developing a sculpted dancers physique, with long, lean refined muscles. The emphasis on yoga ensures effective use of breath with movement, rejuvenating your mind as well as your body. Barre Warrior is a place of serious work-out and it's a place that you can connect to your inner fire and physical freedom.



THE BUZZ WITH BARRE WARRIOR

Why Barre Warrior? Barre Warrior is the name of the most popular of my choreographed classes in the 'Barre Yoga' studio. Consistently achieving results with students, Barre Warrior attendees became devotees, dedicated to this class. More than just physical results, Barre Warrior creates powerful change mentally and physically. The most significant and unanimous feedback was that women and men felt stronger and more empowered in their lives, having consistently practiced Barre Warrior. Physique's changed shape on average after 3 weeks, mental clarity improved and a sense of rhythm and release, previously unknown to them, was unleashed and activated.

Barre Warrior is a name which describes power, strength, determination, focus, strategy, fearlessness. Warrior although a derivative of 'war', has also been long associated with the Japanese Samurai's tradition of physical prowess, ritual and respect. From India, the Yoga Sun Salutation series has fundamental poses called Warrior. This yogic association is ideal, as breath is a major component of this practice, as well as flexibility, mental composure and flow.

Barre Warrior also encapsulates a sense of dance, of artistic freedom, all that relates to my work as a dancer and artist. I believe this comes through in the teaching and the practitioner's experience. The highly energetic, big bass music get's endorphins pumping with momentum and fun.

HOW DOES BARRE WARRIOR DIFFER FROM OTHER BARRE PROGRAMS?

Unlike traditional Barre programs, Barre Warrior is built with Somatic Principals, that is, harmonious functional movement in mind. Amber Stephens began Somatic studies at Unitec during her Dance Undergraduate Degree, in particular Feldenkrais, Alexander Technique and Releasing Technique. Later Amber Studied with Frey Faust, and The Axis Syllabus, a form of Contemporary dance which works with the natural rotation of bones within the joint spectrum, effective use of weight and alignment through active movement. Together with Amber's Ballet and Contemporary Dance training, Amber discovered ways to create longevity through a 12 year professional dance career. Many of her own techniques incorporate the all-round balance of muscle conditioning that kept Amber largely injury free. Specific to Barre Warrior is the true lengthening of muscles where other barre fitness practices tend to over use the quads and glutes, with repetitious shortening of the muscle group. Barre Warrior seeks to elongate the muscles and work not only the larger muscle groups but the finer muscles to truly create the long lean sculpted muscles synonymous with dancer's bodies. Lastly, Barre Warrior is music driven. Big bass and deep music rifts take the practitioner into an immersive rhythmic zone with high positive energy. Barre Warrior supplies it's own playlists. It is therefore important for the teacher to cultivate musicality through teaching.

ABOUT THE DIRECTOR

AMBER GABRIELLE STEPHENS

Amber is passionate about teaching and is an experienced Barre, Dance, Yoga and Pilates Instructor. Movement training started at age 4 with ballet, and at 13 years, Amber developed her yoga practice. An undergraduate degree in Contemporary Dance led to a master's degree in Fine Arts in Vienna with a minor in Performative Arts. During this time a professional career in dance and choreography emerged where she spent over 10 years performing and choreographing, alongside teaching yoga, dance and barre in Europe and New Zealand. On return to New Zealand, Amber gained a Post Graduate Diploma at Auckland's Unitec in Creative Pathways with a thesis on Choreography and Teaching. Amber's Somatic and Movement studies includes Axis Syllabus, Feldenkrais, and Alexander Technique. Amber has also managed studios and taught extensively in Australia. A strong advocate for knowledgeable, sound teaching with masses of enthusiasm. No matter what your level or your physical goals, Amber is dedicated to assisting you to get there. For a more detailed Bio. please go to <https://www.amberstephens.gallery/about>



LEVEL 1 COURSE INFO

The Level One course runs over one main weekend, with a follow up day one month later or a video/zoom exam where necessary. The first part of the course the Education Weekend, runs 20 hours over 3 days. The second part of the course, The Examination Day, runs one month later and includes a practical and theoretical examination. This part is conducted over a half day (3-4 hours). There is a total of 24 Course hours, however in the month between the Education and Examination Parts, it is expected that the student find practice hours either with friends or colleagues. This practice gives the language and movement confidence for the exam and instils the program structure and exercises into your muscle memory.

It is possible to 'not pass' the exam and therefore not be certified to teach. This however can be remedied by further practice and joining a later Course Examination. In some cases, a video of you teaching may suffice. Additionally it is absolutely fine to sit the course to deepen your barre practice without need of a teaching certificate should you not pass to teach or wish to sit the examination for the teacher certificate. The course price however will be the same and I would encourage sitting the exam regardless.

You can teach in a non-licensed Barre Warrior Studio. However, you must register where you are teaching and when possible use the Barre Warrior Spotify Playlists. Once you are qualified you are required to join the Barre Warrior Online Teachers Group. This will give you updated class content including structures, info, music playlists, BW logos well as a database of Barre Warrior licensed studios and contacts. It is vital that you stay connected, and up to date to ensure your class and playlists are fresh. There may be a nominal monthly fee.

THE COURSE OUTCOME

The Barre Course will train you for the following skills:

- Barre History and development plus Barre Warrior principles
- Ballet and Barre Warrior Terminology
- Basic Anatomy
- Target muscle groups
- Physiological movement pathways inherent in Barre Warrior movement
- Common Mistakes in technique including Red X's (dangerous positions)
- Class Structures
- Full Exercise Analysis
- Barre 101 Modifications for movements and intensity
- A course manual with all the exercises for reference and study
- A link to a playlist to practice
- 20 REPS (NZ Register of Exercise Professionals) CPD points (Continuing Professional Development)

Upon successful Completion you will receive a Barre Warrior Level One certificate that certifies you to teach in any Barre Warrior. You will also be awarded 20 REPS CPD credits. As stated you will then be signed up for The Barre Warrior Teacher Closed Group accessing you to class content. you'll also need to have a current first aid certificate and CPR as well having Professional Indemnity Insurance, if you don't already have it.

THE COURSE CONTENT

- I. Theory Part 1: Basic Anatomy, History & Development of Barre, Class Structure
- II. Theory Part 2: Terminology, Physiological movement pathways, Common Mistakes
- III. Alignment Principles
- IV. Barre Warrior Class Structure
- V. Barre Warrior 101 Class Structure
- VI. Music, Pace and Vocal Tone
- VII. Creating your own class using elements from sections
- VIII. Barre 101 Modifications

Exercise Sections: Overview of Full Manual (not supplied in overview)

- I. Warm Ups: prances, pliés, relevés, Lunges, BW Sun Saluts, Knee Curls
- II. Leg sculpting: tendu, dégagé, passé, piqué, développé, attitude, en lève circles, arabesque derrière, rondes des jambes, Battements + portabras
- III. Pilates Ball: squat Plié with pulse & pump, ball relieve full plié, salsa hips, diamond hips, heel pulse, hamstring ball curls, accordion parallel and first positions
- IV. Hand weights: Arm Series in 2nd, Knee Repeater Arm Series, Squat Arm Series, cardio arm Series
- V. Cardio Dance Steps: Various
- VI. Floor Barre: a) Leg Sculpting b) Plank Tone c) Core
- VII. Stretch Series: a) at barre b) mat