



THE METHOD

NZ PRESENTS



# THE BARRE METHOD

Created by  
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& Jane Strickland

## **What you need to know**

### **The Barre Method NZ:**

The Barre Method is a low impact, high intensity workout which uses a fusion of Pilates and Ballet with body weight resistance and prop options. We pride ourselves in maintaining a high standard of integrity throughout every class.

### **Who we are:**

#### **Katie Swift O'Connor;**

REPs & CQF Qualified International Pilates, Barre and Fascia Movement Instructor, TRX trained, AISTD & AIDTA Dance Teacher. Barre programme developer. International Barre teacher trainer. 10+ years International teaching at top studios in London & Auckland. Pre and postnatal speciality and pelvic floor training. 50hr Yin Yoga teacher. Ex-professional dancer with credits including Dance Captain on P&O Cruise lines, UK & International Tours, Musicals, TV and commercial work. Lover of mindful movement, Mum of two and (sometimes) master of the mum juggle.

#### **Jane Strickland;**

A certified Barre, Pilates Stick and Hot HIIT Pilates, Reformer Pilates instructor who has also taught in one of London's top barre studios!

A professional Dancer, Singer and Choreographer with an international career performing in The King & I, X-Factor, Norwegian Cruise Lines, Nathan Haines, Louana, Momentum Productions, Pleasuredome The Musical and Cats to name a few.

An all round fabulous mover and motivator. An energiser bunny and disco queen who will keep you coming back to class for more.

### **Who you are:**

Someone who has a passion for movement, fitness and people. You want to expand your skill set. You want to motivate people to move mindfully through their workout and this method. You are dedicated to encouraging people to exercise positively, safely and without fear. You want to inspire confidence in your clients!

### **What does the training look like?**

The Barre Method Training is a three day training. We will take you through the program of not just 'what' to teach, but 'how' to teach it. You'll feel every exercise in your own body before moving onto teaching others to move. The training involves thoroughly breaking down, practicing and teaching each exercise, so you are able to feel confident implementing them in a class plan in preparation for your barre class. You will be workshopping and learning with the other course participants teaching exercises, learning what to expect from clients plus how to present modifications, advancements and adjustments to deliver a **safe** and **effective** workout.

We will also go through class plans to set you up and assist in preparing you for your 'test out video'.

### **'Test out video'**

Post training you will have 6 months to present and send through your 'test out video' of one class plan. We will then assess and give constructive feedback. Once the test out is completed and approved you will be presented and awarded your "*The Barre Method NZ*" certification.

Every 'test out video' sent through following your third will incur an extra charge of \$50 per submission.

### **How long is the training?**

3 days (24 hours) plus 25 hours of suggested observation/and or participation in Barre classes.

### **Where is the training?**

Auckland CBD

### **What do I receive at the end?**

You will be a certified '*The Barre Method*' Instructor.

\*Plus eligible for 20 REPs NZ CPD points

### **How much does it cost?**

\$1500 NZD

Enquire for more info on our payment plans.

## **What does the cost cover?**

- Teacher training fee for 3 days (24hrs)
- Manual with over 70 exercises and 2x ready to teach Barre class plans
- Basic Pilates Mat
- Pre and Post Natal basic safety
- Basic Anatomy and Physiology
- Monthly touch base mentorship for your first year
- Access to our instructor alumni Facebook page with extra content
- 1 'test out video' assessment with the opportunity to submit again

## **Why train with us?**

- We're New Zealand owned and created
- You will be able to teach a Barre class anywhere
- 20 years of combined Barre teaching knowledge to share
- Professional and experienced facilitators who believe in delivering world class training to our communities here in Aotearoa
- We care about delivering quality barre classes to every client & body type
- We know *The Barre Method* works and delivers results to clients
- Once qualified you will be entered onto our database of Barre instructors for ongoing work, covers, peer to peer connection and business to instructor networks

## **If you have questions or would like to have a chat**

- Email [themethodnz@gmail.com](mailto:themethodnz@gmail.com)
- Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours)

