

THE
METHOD
NZ

THE METHOD

NZ PRESENTS



THE BARRE METHOD

Created by
Phoebe Jeurissen
Katie Swift O'Connor
& Jane Strickland



NZ Register of Exercise Professionals
Continuing Professional
Development Provider



What you need to know

The Barre Method NZ:

The Barre Method is a low impact, high intensity workout utilising a fusion of Pilates and Ballet with body weight resistance and prop options. No prior dance or Pilates experience necessary, although it can be an advantage. This workout can be tailored to be suitable for many stages of life including rehabilitation as well as being an intense full body workout. A great standalone workout or addition to offering existing workouts.

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. 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;

Professional Dancer, Singer and Choreographer! A certified Barre, Pilates Stick and Hot HIIT Pilates instructor who is back from teaching in London. International career performing and teaching in New Zealand and overseas. Some of her highlights include, The King & I, X Factor N.Z, Norwegian Cruise Lines, Nathan Haines, Louana Whitney, 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 teach you how to keep your clients coming back to class for more.

Phoebe Jurissen;

BSc Communications Degree (2015). Certified TRX instructor, Barre Instructor, Pilates Stick instructor. Taught Sydney's elite boutique Barre studios. Professional Dancer with Princess Cruise Lines. Back from her Sales and Marketing adventure with 7Seas Media, New York. Passionate about putting a smile on each client's face during a workout and meeting them where they are each day.



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. You are committed to learning a fun new workout method. You are dedicated to encouraging people to move positively, honestly and without fear. You want to inspire confidence in your clients!

What does the training look like?

The Barre Method Training is a 25 hour training delivered over 3 consecutive days. The training involves thoroughly breaking down, practicing and teaching each exercise, so you can feel confident implementing them in a class, and in preparation for your barre class. You will be workshopping and learning with the other course participants teaching exercises peer to peer, learning what to expect from clients and how to present modifications, advancements and adjustments to deliver a safe and effective workout. We will walk you through our program not just of 'what' to teach, and 'how' to teach it.

To qualify as a The Method Barre Teacher Trainer you will need to film yourself delivering a class that you will need to pass (see below) We will also go through class plans to set you up and assist in preparing you for this '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.

Two test out video submissions are included in the course fee. Every 'test out video' sent through following your third will incur an extra charge of \$50 per submission.

When can I join a training?

Please choose from the following 2022 course dates:

March 4th, 5th, 6th 2022 - Tauranga (*New date added)

May 20th, 21st, 22nd 2022 - Auckland

July 28th, 29th, 30th 2022 - Christchurch

September 9th, 10th, 11th 2022 - Tauranga



What do I receive at the end?

Upon completion of the full 3 days and successful submission of your test out video you will become a certified 'The Barre Method' Instructor - *Plus eligible for 20 REPs NZ CPD points . We will email you a copy of your certificate and also mail you a hard copy.

How much does it cost?

\$795 NZD

What does the cost cover?

- Teacher training fee for 3 days (25hrs)
- Manual with over 70 exercises and 2 ready to utilise 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 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 international Barre teaching knowledge to share
- Professional and experienced facilitators who believe in delivering world class training to our communities here in Aotearoa
- We believe in 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
- You have the option of joining our Facebook group to share Barre news, updates and questions with us and your peers of current and previous students.
- Support from us doesn't end at the end of the three days, we genuinely care about your journey.

To apply, please email us specifying the date and location of the training you'd like to participate in and we will get you booked in.

A 50% deposit will secure your spot.

Payment plans are available.



If you have questions or would like to have a chat

Email: themethodnz@gmail.com

Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours):

Phoebe - 027 236 4944

Katie - 021 0838 6938

Jane - 027 217 8645



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