



## Become a 4Pointe Certified Teacher Pioneering the Future of Pointe Training.

- ◆ Day 1: Introduction to 4Pointe, how to structure and develop your class, and hands-on teaching and working with beginner and adult students.
- ◆ Day 2: Methodic, didactic, theory, music, and hands-on teaching with beginner and adult students.
- ◆ Day 3: Rehabilitation, anatomy class from an osteopath and Gyrotonic professor, practical and written exams, to creating your own class with beginner and adult students, followed by a certification ceremony and mixer to conclude the day, plus plenty of time for Q&A and sharing.

“4Pointe is a well-designed, intelligent method of training pointe work. Its emphasis on alignment, strength, and articulation will serve dancers and help them to prevent injuries as they adapt to the rigors of ballet training and ballet career.”

### Patrick Armand

Director of San Francisco Ballet School



## 4POINTE LEVEL 1 TEACHER TRAINING COURSE

**Verona, Italy | December 1-3, 2023**

**Level 1 is intended for beginner students who will become pre-professionals, hobbyists, beginner adults, returning mothers, & rehabilitation.**

Learn more and register at:

**[www.4-pointe.com/certification](http://www.4-pointe.com/certification)**



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