



CPD courses in Benesh Movement Notation

The [Benesh Movement Notation for Ballet distance learning course](#) is intended for anyone who wishes to learn about Benesh Movement Notation (BMN) within a ballet context.

It is particularly suitable for RAD teachers who want to be able to use BMN in their study and teaching of ballet and use the notated scores in the RAD syllabus books effectively.

This is a flexible course that can be started at any point in the year and studied from anywhere in the world at the student's own pace. The course is arranged into 4 progressive units. RAD teachers can also claim 16 hours of time-valued CPD for each completed unit.

The CPD department also offers starter courses in a variety of forms including:

1. **One-day workshop: Benesh Movement Notation in Practice**

This is a fun and friendly introduction to BMN, specifically tailored to the needs of RAD teachers. Participants will learn how to locate information (such as head actions, port de bras, timing) within RAD syllabus scores and discover that it is not necessary to be able to read every aspect of BMN scores to be able to make use of them. [Find out more.](#)

2. **Five-day intensive course: Reading Benesh for Ballet Teachers**

Starting with basic ballet positions, participants will develop immediately relevant reading and observational skills and discover that it is not necessary to read every aspect of a BMN score for it to be of use. As their knowledge develops to include a wider vocabulary of movement they will discover how clearly the notated script conveys important information including precise paths of movement, floor plans, rhythmic nuances and other detail.