



Become a Mind-Body Instructor!

Be a leader. Inspire others. Work out. Get paid.

- Learn to teach Yoga and Powerflow classes
- Participate in our tryout process this fall to join our team in 2018-2019

Level One Tryouts: Oct 22 or Nov 4.

Nat Rm 1065. 10am-11am Oct 22 or 2pm-3pm Nov 4

Come prepared for Level 2 Tryouts immediately following.

- Take a 45-minute Mind-Body class
- You will be evaluated on how well you follow cues, your form and execution, and your enthusiasm
- If selected, you advance to Level 2

Level Two Tryouts: Oct 22 or Nov 4 (following Level 1 tryouts).

Nat Rm 1065. 11:20am-12:30pm Oct 22 or 3:20pm-4:30pm Nov 4

- Teach a 5-minute workout in the following order: Plank, Downdog, Crescent lunge right side, Plank, Crescent lunge left side, Chair, Roll up & Single leg stretch. Hold each pose for 3 breaths / Execute each Pilates exercise for 3 repetitions.
- You will be evaluated on cueing, transitioning, breathing reminders, alignment and execution

Training & Mentoring Program.

We'll teach you everything you need to know!

- Attend our orientation on Nov. 20, 7pm - 9pm
- Attend our paid training sessions on Jan 22 from 9am-1pm, Jan 27 from 1-5pm, Feb 4, 11, 18 & 25, and Mar 4, 11 & 18 from 10am-12:30pm.
- Co-lead with a current Mind-Body Instructor one class each week from Feb 25 - Apr 28

Interested? Sign up online.

<https://services.recports.wisc.edu>

Click on Programs > Fitness > Fall 2017 > Fitness Instructor Tryouts > Mind-Body Instructor Tryouts

- Experience participating in Mind-Body classes preferred
- Must be a UW-Madison student studying on campus in 2018 - 2019
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.

