Become a Mind-Body Instructor!


- Learn to teach Yoga and Powerflow classes
- Participate in our tryout process this fall to join our team in 2019-2020

**Level One Tryouts: Oct 21 or Oct 28.**

Nat Rm 1065. 10am-11am Oct 21 or 12pm-1pm Oct 28

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 21 or Oct 28 (following Level 1 tryouts).**

Nat Rm 1065. 11:20am-12:30pm Oct 21 or 1:20pm-2:30pm 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. Guidance provided.
- 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. 19, 7pm - 9pm
- Attend our paid training sessions on Jan 21 from 9am-5pm, Jan 27, Feb 10, 17 & 24, Mar 10 & 31, and Apr 14 from 10am-12:30pm.
- Co-lead with a current Mind-Body Instructor one class each week from Feb 24 - Apr 19

**Interested? Sign up online.**

https://services.recsports.wisc.edu

Click on Programs > Fitness > Fall 2018 > Fitness Instructor Tryouts > Mind-Body Instructor Tryouts

- Experience participating in Mind-Body classes preferred
- Must be a UW-Madison student studying on campus in 2019 - 2020
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.