Become a Mind-Body Instructor!


- Learn to teach Yoga, Powerflow and Yoga Strength classes
- Participate in our tryout process this fall to join our team!
- Teach in the brand new Nicholas Recreation Center!

Level One Tryouts: March 30.

5-5:30pm in Nat Room 1065.
Come prepared for Level 2 Tryouts immediately following.

- Take a 30-minute Mind-Body class
- You will be evaluated on how well you follow cues, your execution, and your enthusiasm
- If selected, you advance to Level 2 (held at 5:30pm)

Level Two Tryouts: March 30 (following Level 1 tryouts).

5:30-6:30pm in Nat Room 1065

- Teach a 5-minute workout in the following order: Plank, Down Dog, Crescent lunge right side, Plank, Crescent lunge left side, Chair, Roll up & Single leg stretch. Hold each yoga pose for 3 breaths. Execute each Pilates exercise for 3 repetitions. Watch this video to prepare: https://youtu.be/8YU-ZsB_yIe
- 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 April 22, 7 - 9pm
- Attend our paid training sessions: August 26 - 30, September 3, and selected Sundays in the fall semester.
- Co-lead with a current Mind-Body instructor one class each week during the fall semester

Interested? Sign up online.

https://services.recsports.wisc.edu

Click on Programs > Fitness > Spring 2019 > 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 - 2021
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.