Become a Mind-Body Instructor!


- Learn to teach Yoga and Powerflow classes
- Participate in our tryout process this fall to join our team in 2016-2017

Level One Tryouts: Nov 7 or Nov 14.

1pm-2pm in the SERF Group Fitness Studio
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 (held at 2:15pm)

Level Two Tryouts: Nov 7 or Nov 14 (following Level 1 tryouts).

2:15pm - 3pm in the SERF Group Fitness Studio

- Lead a 5-minute workout. Teach in the following order: Plank, Downdog, Crescent lunge right side, Plank, Crescent lunge left side, Chair, Saw, Roll up & Single leg stretch. Hold/execute each pose/exercise for 3 breaths.
- 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 meeting on Nov 18, 7:30 - 9pm
- Attend our paid training sessions on January 18 & 31, February 7, 14, 21 & 28, March 6 & 13 from 10:15am - 12:45pm
- Co-lead with a current Mind-Body Instructor two classes each week from March 28 - April 29

Interested? Sign up online.

https://services.recsports.wisc.edu
Under “Program and Classes”, click on “Group Fitness Instructor Tryouts”

- Experience participating in Mind-Body classes preferred
- Must be a UW-Madison student studying on campus in 2016 - 2017
- No teaching experience necessary

Email groupx@recsports.wisc.edu with questions.