

MIND-BODY INSTRUCTORS TRYOUTS

Become a Mind-body Instructor! Instructors in this division teach yoga and Powerflow classes. Candidates must go through a tryout process. Successful candidates are admitted into our Mind-body training and mentoring program. Here is what we look for:

1. Experience participating in Rec Sports' mind-body classes like yoga and powerflow.
2. UW Madison student status studying on campus through the 2011 academic year.
3. Experience in teaching mind-body classes is beneficial but not necessary as we provide training.

FALL 2009 TRYOUTS WILL BE HELD ON OCT 18th FROM 1-5PM AT THE SERF FITNESS STUDIO. PLEASE READ BELOW FOR DETAILS OF THE TRYOUT PROCEDURE. TO SIGN UP (ADVANCED SIGN UP REQUIRED).

CONTACT [LORI DEVINE](mailto:devine@recsports.wisc.edu), THE REC SPORTS FITNESS DIRECTOR at: devine@recsports.wisc.edu

For postings on tryout dates, see our website at: <http://www.recports.wisc.edu/news.html>

MIND-BODY INSTRUCTOR TRYOUTS GUIDELINES

Tryouts consist of two levels that are held ON THE SAME DAY. Only candidates that successfully complete level 1 will continue onto level 2. Level 2 tryouts are held immediately after level 1.

LEVEL 1

1. You will participate in a 30-minute workout led by a Rec Sports Mind-body Instructor.
2. You will be given a number to wear that is in clear, visual sight of the evaluation team.
3. The workout will consist of a warm-up, breathing exercises, yoga and pilates exercises, stretching & relaxation.
4. You will be evaluated on the following criteria ([view the evaluation form - PDF](#)):
 - Body alignment, form and execution of the movements.
 - Ability to follow the instructor's directions.
 - Ability to physically complete the evaluation
 - Enthusiasm, focus and body language

After the 30-minute workout, candidates will be asked to wait while the evaluation team selects the candidates that advance to Level 2. All candidates must wait for about 20-minutes for the evaluators to complete their selection. Only selected candidates are allowed to continue to Level 2 of the tryout process.

LEVEL 2

Candidates selected from the Level 1 tryouts will then move onto Level 2. Level 2 is held about 20 minutes after completion of Level 1. Level 2 consists of each candidate leading their peers through a 5-minute workout. You must follow the [workout](#)

[guidelines](#) listed below. Candidates that successfully complete Level 2 of the tryout process will be notified and invited for an interview with the Fitness Director. Candidates will not know if they advance to level 2 until after they complete level 1, which is held earlier on the same day. Therefore, all candidates must come prepared to perform Level 2.

Candidates that successfully complete the tryout and interview process are admitted into our Mind-body training program. Training sessions will be held on Sundays from 10am-12pm from November 2nd through December 7th of the Fall 2008 semester.

WORKOUT GUIDELINES

1. You will teach a 5-minute mini-class that consists of one or two warm-up and yoga poses FOLLOWED by one or two Pilates exercises chosen from the list below. Practice and time yourself to ensure you **do not** exceed 5 minutes.
2. No music or equipment/props allowed.
3. Make sure to transition smoothly between the exercises.
4. You will be evaluated on the way you teach your 5-minute mini-routine, including how you lead your peers through the 3 phases of a pose:

A- Verbal and Physical cues to prepare you class for the posture/pose;

1. Breathing cues.
2. Body alignment/stabilization cues.
3. Movement cues.

B- How you explain the experience of the posture/pose;

1. Breathing cues.
2. Body stabilization cues.
3. Movement cues.

C- Transitioning out of the posture/pose;

1. Breathing cues.
2. Movement cues.
3. Body alignment cues.

5. **Class Content-** Choose postures/poses from the list for each component of your class:

For the Warm-up, Choose One or Two:

Mountain pose/ Chair pose/ Standing Lateral Flexion/ Standing forward Fold/ Airplane/Cat Cow

For Yoga Poses, Choose One or Two:

Warrior / Triangle/ Plank/ Bridge/ Tree/ Downward Dog/ Boat

For Pilates Postures, Choose One or Two: Rollup/ Hundred/ Single Leg Stretch with Rotation (Criss-cross)/ Side Kicks/ Leg Circles/ Rolling Like a Ball.

If you have further questions, contact Lori Devine at 262-4268 or devine@recsports.wisc.edu.