



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: October 2017.

- 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: November 2017

- Teach a 5-minute workout in the following order: Plank, Downtdog, 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.

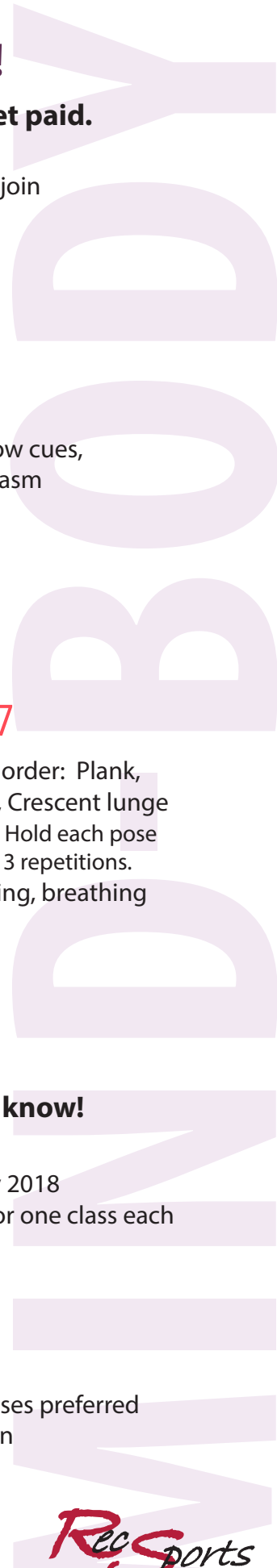
We'll teach you everything you need to know!

- Attend an orientation on November 2017
- Attend our training sessions: January - May 2018
- Co-lead with a current Mind-Body instructor one class each week during the spring 2018 semester

Interested?

- Experience participating in Mind-Body classes preferred
- Must be a UW-Madison student studying on campus in 2018 - 2019
- No teaching experience necessary
- Online registration opens September 2017

Email groupfitness@recsports.wisc.edu with questions.



UNIVERSITY OF WISCONSIN-MADISON
PLAY HARD. GET FIT. LIVE WELL.