

HOW TO NAIL YOUR 20 MINUTE AUDITION CLASS



Do your research

Get clear on what the studio is expecting and take a class with the person who will be evaluating you if possible.



Choose ONE thing

Focus on one specific transformation you can facilitate in 20 minutes and focus all the exercises and practices in the class to support that one thing.



Check/re-check

Emphasize the transformation by incorporating a check/re-check where you observe specific benchmarks before and after your practice.



Clarify

Make each moment count by getting clear how each pose, practice, and word contributes to the overall theme or experience you intend to provide.



Practice

Practice teaching your sequence with real people and decide ahead of time what parts you will cut out if you run short on time.



Show up to serve

Once you are there, do your best to let go of the result and simply do the best you can for the people in front of you.