



Restorative Yoga Instructor – Volunteer

POSITION, DEPARTMENT

To lead a weekly relaxation yoga practice to YW staff with varying fitness levels and abilities at the YW downtown location. Instruction will focus on teaching mindfulness and relaxation techniques to students resulting in stress reduction.

WHAT MOVES YOU

You are passionate about teaching people ways to stay healthy, fit and reduce stress through the practice of restorative and slow flow yoga.

WHAT YOU'LL DO

- Teach various restorative and or slow flow yoga poses as well as proper breathing techniques
- Lead a simple mindful relaxation meditation at the end of each class
- Teach Mondays at 12 noon for the months of February, March, and April
- Commit to volunteer until the end of April 2019

WHAT YOU'VE DONE

- You possess a minimum of a 200 hour teaching certificate from a recognized yoga studio
- You are a registered yoga instructor – this is an asset
- You have designed and developed multi ability yoga instruction previously – this an asset
- You have current First Aid and CPR

If you want to volunteer to change lives, we want to meet you.

Apply today – please click [here](#)