

Job Title: Trauma-Informed Yoga Instructor*1099 Contractor*

Location: Regional Based on position hiring for: North Florida, East Florida, West Florida, and South Florida

Reports to: Program Manager

Position Summary:

As a Yoga Instructor at Yoga 4 Change, you will play a vital role in delivering high-quality yoga programs to diverse populations, including individuals in facilities, schools, behavioral health organizations, and other community settings. You will create a safe and inclusive environment for participants to experience the transformative benefits of yoga and contribute to their holistic wellbeing. This position requires expertise in yoga instruction, trauma-informed practices, and the ability to connect with and inspire individuals from various backgrounds.

Responsibilities:*Program Delivery:*

- Implement trauma-informed yoga programs based on the organization's curricula and guidelines.
- Design and lead yoga classes that are accessible, inclusive, and tailored to the specific needs of participants.
- Ensure a safe and supportive environment for participants, incorporating modifications and adjustments as necessary.
- Demonstrate and teach proper yoga techniques, postures, and breathing exercises.
- Create a positive and engaging atmosphere that promotes participant well-being and encourages personal growth.

Student Engagement and Support:

- Build rapport and establish a trusting relationship with participants, fostering a sense of connection and support.
- Provide individual attention and guidance to participants, offering modifications and variations to accommodate different abilities and needs.
- Support participants in exploring their own mindfulness and self-care practices.
- Respond to participant questions, concerns, and feedback in a timely and compassionate manner.

Program Evaluation and Documentation:

- Monitor and assess participant progress and engagement during classes.
- Distribute data notecards, collect, and record all necessary information into Yoga 4 Change's proprietary data tracking system. Information including, but not limited to: attendance, participant feedback, and program outcomes.
- Enter data notecards within deadline, typically by the 30th of the month collected.
- Communication to Program Managers and Lead Teachers feedback for program evaluation and improvement.

Professional Development:

- Stay updated on best practices in trauma-informed yoga instruction, mindfulness, and self-care.
- Attend Yoga 4 Change workshops, trainings, and professional development workshops.
- Stay current with Yoga Alliance registration and continuing education requirements.
- Engage in self-reflection and continuous learning to enhance teaching skills and deepen personal practice.

Qualifications:

- 200-hour Registered Yoga Teacher certification by Yoga Alliance.
- 6 months minimum experience teaching yoga to diverse populations, including individuals impacted by trauma or in vulnerable communities.
- In-depth knowledge of yoga postures, alignment, breathing techniques, and meditation practices.
- Strong understanding of trauma-informed approaches and the ability to create a safe and supportive space for participants.
- Excellent verbal communication and interpersonal skills.
- Ability to adapt teaching methods to accommodate participants' needs and abilities.
- Empathy, compassion, and the ability to connect with individuals from diverse backgrounds.
- Strong organizational skills and attention to detail.
- Reliable transportation and the ability to travel to different program locations.
- Current CPR and First Aid certification (preferred).

Application Process:

Please submit a resume and a cover letter specifying the region you are applying for (South, East, West, or North) to info@y4c.org. In your cover letter, please highlight your relevant experience, passion for trauma-informed care, and why you are interested in joining Yoga 4 Change. Please note that only shortlisted candidates will be contacted for an interview.

Yoga 4 Change is an equal opportunity employer committed to diversity and inclusion. We encourage individuals from underrepresented backgrounds to apply.

Note: This job description is intended to provide a general overview of the position and does not encompass all tasks or responsibilities that may be required.