## **Yoga/Meditation Instructor**

The Adult Residential Center is seeking a qualified instructor to provide inspirational and educational instruction on yoga and/or meditation to clients seeking a positive and healthy outlet.

## **Reports To**

The Volunteers & Programs Coordinator (VPC).

## **Overview**

The Adult Residential Center is a facility that houses adults currently affiliated with the Criminal Justice System. Clients are living at the Center while working in the community and finding new ways to live a productive lifestyle. Many are seeking positive outlets to fill their time in healthy ways and volunteer groups are crucial in aiding in this process.

## **Responsibilities and Duties**

* Provide a structured class on the benefits of a healthy mindset. Class can focus on breathing, stretching, and mindfulness techniques, among other yoga and meditation focused elements.
* Corrections will supply yoga mats for all participants. A cleaning solution will also be provided, and participants will be required to clean their mats following each class. Instructor would be responsible for providing written and recorded materials. Cell phones are not permitted in the facility so all recorded materials would need to be recorded on another appropriate device.
* The frequency and schedule of class would be determined by the VPC and instructor. Options for frequency include weekly, biweekly, monthly, or special programs as scheduled. Groups would typically be 60 to 90 minutes long, and there is availability to do this during the day or evening, based on instructor preference and facility schedule. A large room would be made available and class size would range anywhere from 3 to 10 people. Instructor would have the ability to cap it at a certain number if needed.

## **Qualifications**

* Yoga certified or other experience in mindfulness and meditation (proof of certification required)
* Willingness to work with criminal justice involved individuals who have been convicted of felony crimes.
* Strong facilitation skills and ability to redirect challenging behaviors. Challenging behaviors may include side conversations, clients uninterested in participating, or disrespectful remarks to you or someone else in the group.
* Classes would NOT be coed.

## **Requirements**

* Pass a background check
* Attend New Volunteer Training
* Complete an annual TB test (provided by Corrections)
* Complete annual Recertification Training
* We ask that you serve for a minimum of 6 months