



YOGA INSTRUCTOR (Burndale Community & Firwood Circle-Auburn)

VOLUNTEER POSITION DESCRIPTION

BACKGROUND AND PROGRAM SCOPE

Neighborhood House partners with diverse individuals and families to build community and achieve their goals for health, education and self-sufficiency. The Neighborhood House Family Resource Center provides a variety of services to the High Point community. At Neighborhood House, we have a deep commitment to valuing our employees', volunteers', and clients' diverse experiences and backgrounds, which guide our work for a more equitable future.

The Yoga Instructor is responsible for demonstrating yoga poses, using the correct terminology, and safely guiding students through the flow of the practice.

RESPONSIBILITIES

- Conduct and lead yoga classes.
- Assess students to determine their level of practice.
- Assist students to achieve precise alignment.
- Demonstrate practice and techniques.
- Motivate students with words of encouragement.
- Offer training recommendations to improve the practice of yoga.
- Other duties as assigned.

QUALIFICATIONS

- Possess excellent interpersonal and communication skills in order to build relationships
- Interest in working with diverse communities
- Ability to make a consistent weekly commitment
- Creative, outgoing, and able to tolerate high noise levels
- Has or is pursuing Yoga Instructor Certification
- CPR and First Aid Certification preferred

BENEFITS

- Meet and greet a variety of people, helping provide for their well-being and success

TIMEFRAME

Classes to be scheduled at a mutually agreeable time.

LOCATION

Seola Gardens-Burien
11215 5th Ave SW
Seattle, WA 98146

APPLYING

Anyone interested in volunteering for this position should complete our [Volunteer Inquiry Form](#) so that we can learn more about you.

For questions about this, or any other Neighborhood House volunteer positions, contact Muna Ali, Volunteer Manager, at (206)-670-6807 or munaa@nhwa.org.