



YOGA INSTRUCTOR (HIGH POINT) 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.
- Visually 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

High Point Center
6400 Sylvan Way SW
Seattle, WA 98126

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.