

JOB DESCRIPTION

JOB TITLE: Yoga Instructor & Coordinator
CLASSIFICATION: Full-time, Non-exempt
REPORTS TO: Exercise & Wellness Manager
LAST UPDATED: April 16, 2024

MISSION

VINE is redefining aging and promoting the wellbeing of aging adults through programming, services, and community engagement.

POSITION SUMMARY

Under the supervision of VINE's Exercise & Wellness Manager, the Yoga Instructor & Coordinator will lead yoga, meditation, and breath work classes at the VINE Adult Community Center (VACC). The role focuses on promoting good health and positive aging by delivering and developing premiere yoga programs, supporting the other instructors, and maintaining a Zen-like studio environment.

ESSENTIAL FUNCTIONS

1. Plan and teach scheduled yoga classes that promote good health and positive aging.
2. Visually assess students, facilitate correct alignment, and provide positive feedback.
3. Develop yoga, meditation and breath work programming and scheduling in conjunction with the Exercise and Wellness Manager.
4. Ensure yoga studio and equipment is well maintained.
5. Facilitate instruction and provide resources to other instructors to help deliver quality programming for all VINE members.
6. Extend hospitality and treat class participants with respect, dignity, and individuality.
7. Assist participants of varying levels, demonstrating modifications and challenges to make class relevant to all.
8. Make announcements pertaining to the facility and other VINE events, as directed.
9. Demonstrate good judgement and creativity when dealing with challenging behaviors.
10. Adhere to and enforce organization protocols to facilitate a safe experience and mitigate health risks.
11. Attend department meetings and build relationships across the organization to build knowledge of aging services and provide holistic support to members.
12. Perform other duties as assigned.

COMPETENCY – KNOWLEDGE, SKILLS, AND ABILITIES

- Experience working effectively with a variety of people, particularly older adults.
- Knowledge of and experience with a variety of yoga, meditation, and breath practices.

JOB DESCRIPTION

- Good planning skills and ability to facilitate yoga classes.
- Excellent organizational skills and attention to detail.
- Strong communication and customer service skills.
- Willingness to assist with development and marketing efforts to promote yoga classes and events.
- Proficiency in basic computer skills, including Microsoft Office and scheduling software.

EDUCATION AND EXPERIENCE

- Two years of previous experience leading yoga classes, particularly with older adults.
- 200-hour yoga certification required.
- Yoga Alliance member.
- Group exercise certification is a plus.

ADDITIONAL ELIGIBILITY QUALIFICATIONS

- Able to pass a criminal background check.
- Possess current CPR/AED certification within 90 days of hire (employer provided).

POSITION TYPE

This is a full-time position for day, evening, weekday, or Saturday hours based on availability and the needs of the organization. 32-40 hours a week, as schedule allows.

BENEFITS

Full-time employees are eligible for the following options (these details are for informational purposes, they are subject to any policy or plan changes, and some options are prorated based on hours of work): health insurance coverage, life insurance, 401(k) plan, health savings account, Paid Time Off (PTO) and Extended Leave, and ten company-paid holidays (seven observed holidays and three floating holidays).

SUPERVISORY RESPONSIBILITIES

This position does not supervise employees.

WORK ENVIRONMENT

Work will take place in a climate-controlled indoor setting with normal business-level noise and lighting. Opportunities for outdoor yoga classes in warmer months are possible.

PHYSICAL DEMANDS

The position includes standing, bending, and moving based on the class taught. Expect regular contact with members.

JOB DESCRIPTION



TRAVEL

This position does not require travel other than locally for occasional off-site events.

EQUAL OPPORTUNITY EMPLOYMENT

VINE is an equal opportunity employer and does not unlawfully discriminate against employees or applicants for employment based on an individual's race, color, religion, creed, sex, national origin, age, disability, marital status, veteran status or any other status protected by applicable law. This policy applies to all terms, conditions and privileges of employment, including recruitment, hiring, placement, compensation, promotion, discipline and termination.

SIGNATURES

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

This job description has been approved by:

Supervisor _____ Date _____

Employee signature below indicates the employee's understanding of the requirements, essential functions, and duties of the position.

Employee _____ Date _____