

VOLUNTEER POSTING

YOGA INSTRUCTOR

Position:	Yoga instructor	Posting date:	March 2, 2020
Position type:	Volunteer position	Posting closing date:	March 20, 2020
Location:	420 Cooper St, Ottawa, ON K2P 2N6	Position duration:	Ongoing
Contact person:	Joël Xavier, Health and Wellness Coordinator, MAX Ottawa joel@maxottawa.ca	Service area:	Ottawa, Gay Zone Gaie

PURPOSE OF THE POSITION

[Gay Zone](#) is a weekly STI & HIV testing clinic and wellness centre for guys into guys in Ottawa. [Men's Yoga](#) is an activity at Gay Zone runs every Thursday from 5:15pm to 6:45pm at 420 Cooper Street. The class is free of charge and open to all guys into guys, including who are new to yoga and those who are advanced and need a refresher.

We are currently seeking out a welcoming, motivated, and high energy yoga instructor to teach classes. The volunteer yoga instructor will help bring guys from all levels through a journey of meditation, strengthening, and serenity. The volunteer yoga instructor's support will have direct, tangible benefits to the physical, spiritual and overall health of guys into guys in our community.

RESPONSIBILITIES AND DUTIES

- Outgoing and energetic personality.
 - Delivers engaging and empowering yoga classes
 - Encourages participants to remain motivated to attain their personal goals.
 - Listens to members, answers questions, and engages in conversations with participants before and after classes.
 - Provides leadership and basic information on yoga during classes.
 - Practices & teaches safe postures.
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QUALIFICATIONS

Required qualifications

- Ability to communicate effectively with GBT2Q guys from an array of socio-economic and cultural backgrounds
- Commitment to health equity
- Organized and reliable
- Experienced teaching adults in a group environment.
- Understanding of the importance of confidentiality
- Body-positive: respectful and affirming of a diversity of bodies and health statuses
- Ability to self-direct

Preferred qualifications

- Ability to communicate in both English and French can be considered an asset
- Previous leadership experience

COMMITMENT EXPECTED

The volunteer will be expected to work 2 hours a week, every Thursday from 5 PM to 7 PM at 420 Cooper St, Ottawa, ON K2P 2N6

For more information on the position or to submit a Cover Letter (300 words max.) and Resume (1 page), please contact: Joël Xavier, Health and Wellness Coordinator, MAX Ottawa - joel@maxottawa.ca 613-440-3237 extension 101.