

VOLUNTEER POSITION

Title:

- Trauma Informed Yoga Instructor

Tasks:

- Lead Group Classes
- Demonstrate Practice and technique
- Offer adjustments and training recommendations

Purpose:

- The main duty for a yoga instructor is to create curriculum and lead groups through types of yoga and practice. This can include doing administrative work for the class, getting the equipment together and knowing what the clients want.
- You will use your body to show the correct way to get into poses, beneficial breathing patterns, and tips for spiritual wellness.
- Our patients may not be as experienced as you, so you will need to gently adjust their bodies, asking first, and provide alternative poses and assist.

Results:

- This position will increase our patients' wellness and give them an opportunity to explore their inner-self. This will raise support to our patients and allow them to seek treatment in a way other than counseling.

Suggested Activities:

- Have the yoga flow made
- Lead the group in a flow
- Use soft and relaxing voice
- Hold meditation sessions
- Active participation

Measures:

- We will measure the success of this position by measuring how many patients come to the class as well as how they respond to it with their treatment.

Qualifications:

- At least 18 years of age
- Certified Yoga instructor
- Excellent Communication Skills
- Knowledge of Substance Abuse Disorders
- Mindfulness and awareness of situation
- Motivation Skills

Time Frame:

- A commitment of 3 months is required
- Mondays from 9:30-10:30 or Tuesday's from 10-11:15
 - Can be flexible with afternoons

Site:

- Heart of Iowa, 4050 Bowling Street SW, Cedar Rapids IA 52404

Supervision:

- This position is supervised by the Director of Heart of Iowa and other staff members.

Benefits/Support Provided:

- Volunteer hours toward state programs
- A letter of support from the director
- Expand skills and develop new skills
- Gain knowledge on drug trends
- Learn about treatment in the community