

JOB OFFER

1. Job description

Title of the position: Yoga teacher in Community Health Centre/s (CHC)

PLACE IN THE ORGANIZATION AND RESPONSIBILITIES: The person works under the direct supervision of the CEO and founder of *Yoga In Healthcare (YIH)* and under the technical supervision of the Yoga consultant of *Yoga In Healthcare*; the person gives group yoga courses in the Community Health Centre/s.

PRIMARY MISSION: Organize and give group Yoga courses in Community Health Centre/s according to the Memorandum of Understanding (MoU) signed between the Community Health Centre/s and the non-profit organization *YIH*.

ACTIVITIES AND TASKS. The Yoga teacher:

- Participates in the meeting with the CHC/s to plan the Yoga courses;
- Prepares the room before the course;
- Fills in the *medical information form* for each new participant (age, past or present mental or physical conditions, on-going pharmaceutical treatments, allergies, surgeries, pregnancy, etc.) before the course;
- Teaches the Yoga course according to the MoU and the pre-established calendar;
- Provides the participants with a sketch of the session in order for them to practice at home;
- Takes care of each participant's well-being during the course, insures the adaptation of the exercises and informs about their contraindications;
- Insures the respect of the different cultural and religious beliefs of the participants;
- Tidies up the material according to the instructions at the end of the course;
- Participates in regular update meetings organized with the CHC/s referent person for the Yoga courses and with the *YIH* responsible.

TOOLS AND MATERIAL: the Yoga material is made available by *YIH* or by the CHC (mats; covers; pillows; bricks).

INTERNAL AND EXTERNAL RELATIONS:

Internal: with the responsible of the non-profit organization *Yoga in Healthcare* and with its medical founding members; with the Yoga consultant of *YIH*; with the communication officer of *YIH*.

External: with the reference person for the Yoga courses within the CHC/s.

WORK CONDITIONS AND WORK PLACE: the work place is/are the room/s where the Yoga course/s is/are organized. The Yoga course/s takes once or twice week. The transport costs are included in the salary. The working time includes the travel time to and from the Yoga room. The yoga teacher is paid 60 Euro for each Yoga course provided.

2. Requirements

COMPETENCES. The Yoga teacher is able to:

- Elaborate a Yoga group course that includes all the elements (asanas, pranayama, relaxation, meditation);
- Draw a sketch of the session;
- Adapt the exercises according to the participants' needs and/or their individual problems/limits;
- Develop an excellent relation with the reference person for the Yoga course in the CHC/s and manage conflicts;
- Speak French, Flemish and/or English fluently, depending on the needs of the CHC/s.

PROFESSIONAL EXPERIENCE: minimum 5-year experience as a Yoga teacher.

FORMATIONS/DIPLOMAS:

Today, there are many Yoga teachers training and it is difficult to establish their quality in relation with: the philosophy of Yoga, the pedagogic skills a Yoga teacher should acquire, as well as with the most recent scientific knowledge about Yoga. Beside the *Yoga Alliance*, whose standards are basic and limited, there is no international organization providing Yoga certifications holding a quality label. Some national associations, legally or not legally recognized by their government, exist. In Europe, the *European Union of Yoga (EYU - <https://www.europeanyoga.org/euyws/>)* has set the teacher training standards to a minimum of 500 hours over 4 years and a prerequisite of minimum 2-year practice to attend a teacher training. *YIH* supports the vision of EYU and, even though we recognize the consistency and value of its standards, in order to facilitate the recruitment of Yoga teachers for our project, we ask for the following trainings/diplomas:

- ☐ Teacher certified by the *Belgian Association of Yoga Teachers (ABEPY)*;
- ☐ OR/AND members of the *European Yoga Union*;
- ☐ OR/AND teachers registered at the *Yoga Alliance* (minimum: RYT-500, E-RYT-200)

AND

- ☐ minimum 100-h training in "anatomy" or in "yoga for health conditions "
- ☐ OR/AND a diploma in yoga therapy (ongoing or completed).

Each candidate application will be evaluated on a case by case basis.