



Yoga Group Facilitator Position Description

Position Title: Yoga Group Facilitator Volunteer

Position Type: Direct Service Volunteer

Purpose: The Yoga Volunteer will facilitate a self-care mindfulness group for individuals and families.

Location: Peace House shelter

Key Responsibilities:

- Arriving 15 minutes before group to set up area to accommodate clients
- Providing a touch free yoga group with an emphasis on self-care and mindfulness
- Tailoring a curriculum to the needs and skill level of individuals and the group
- Documenting group activities and volunteer hours as instructed

Supervised By: The Volunteer Coordinator

Time Commitment: Weekly or bi-weekly group facilitation

Physical/Age Requirements: 18 years or older

Qualifications: Experience with the elderly and children preferred

Training Required: Minimum of 24 hours of domestic violence related training including volunteer orientation prior to start

Annual Training Required: 16 Hours of domestic violence training is required annually after the initial 24 hours of training

Dress Code: Casual