



Project New Yorker, a community based not-for-profit organization that provides skill-based training, youth enrichment programs, employment readiness workshops, healthcare and social services information to under-resourced Bangladeshi and South Asian immigrant women and youth in Queens, New York.

ABOUT THE PROGRAM

We recognize that physical and mental health are intertwined and that we often hold trauma and stress in our bodies. South Asian culture has a longstanding history of practicing yoga as a spiritual, physical, and emotional tool. As such, our Health Literacy program will both educate our community on the connection between mental and physical health, as well as teach methods of breathing, meditation, stretching, and yoga that help release some of the tension we hold. This will be paired with group conversation and support around trauma to be co-facilitated by the Yoga Instructor and Project New Yorker's Community Health Worker(s).

The Yoga instructor will be responsible for planning and teaching activity sessions that blend both physical and mental health. The position requires the instructor to be flexible with teaching in-person.

The instructor will be working 4 hours per/week, which includes 3 hours of programming time and 1 hour of planning and reporting. Pay rate is between \$20-\$25 per hour.

START DATE: April- July 2024

DUTIES & RESPONSIBILITIES

- Plan and lead wellness/exercise activity sessions that include yoga, breathing exercises, and stretching in-person.
- Co-facilitate a group conversation following the activity sessions
- Become familiar with class participants; learn names, their health concerns, and their physical limitations
- Adapt workouts taking into consideration the age, sex, physical and mental capabilities, interests, and the cultural and social background of the clients

PREFERRED QUALIFICATIONS:

- Certified or registered yoga teacher
- Experience teaching group classes
- Good communication skills
- Demonstrated competency working with multicultural or diverse populations
- Demonstrated commitment to Project New Yorker's mission
- Bi-lingual in any additional language is preferred (especially Bengali, Punjabi, Urdu)

Interested applicants please email your resume and a cover letter to info@projectnewyorker.org. Mention "Yoga Instructor" in the subject line.