

<b>Volunteer Position title:</b>	HIM Yoga instructor	<b>Posting date:</b>	April 27, 2016
<b>Contact information:</b>	<a href="mailto:volunteer@checkhimout.ca">volunteer@checkhimout.ca</a>	<b>Posting closing date:</b>	This position has no closing date
<b>Location:</b>	The Scotia Dance Center # 667 Davie Street	<b>Position duration:</b>	Ongoing
<b>Position type:</b>	Direct client service	<b>Service area:</b>	Physical Health

### Statement of volunteer value:

At Health Initiative for Men (HIM), volunteers play an essential role in bringing our mission and vision to life. We value volunteers for their roles as ambassadors, mentors, board directors, leaders, supporters, educators, advocates, and as members of the community of gay men and other men who have sex with men. At HIM, we value the unique gifts as well as the personal needs and diversity of our volunteers and embrace the benefits of volunteering for purposeful personal growth and social connection.

### Purpose of the position:

HIM yoga instructors contribute to the promotion of good health and wellness. HIM yoga instructors make it possible to offer safe and low barrier yoga classes to the community of gay men and OMSM\*. Yoga instructors play a multi-disciplinary role in that they engage men in improving their physical, mental and social health.

### Responsibilities and duties

- Administer yoga classes 1-2 times per month.
- Plan, organize and structure classes in accordance with the instructor's training and background.
- Work with individuals and the group to maximize their fitness experience and accommodate their comfort level.
- **Be committed and responsible for the classes you have agreed to teach.**
- Ensure participants are welcome and the best yoga experience possible.
- Gain a thorough understanding of HIM's objective, programs and services.
- **Reach for support or help from your HIM coordinator.**
- **Be open to support or cover classes for other instructors in case there is a need.**

## Qualifications

### Required qualifications

- Certified as a Yoga instructor, or equivalent experience.
- Awareness and competency in working with gay men.

### Preferred qualifications

- Self-identified as a gay/bisexual man.
- \* Student or intern yoga instructors will also be considered if their certification is pending and the student meets most other requirements.*

## Commitment expected

- We expect that our volunteer instructors **will lead 1-2 classes per month for a suggested 6 month period.**

## Training

### Training provided by HIM

- Training in HIM services, mission and population.
- Site specific orientation.

### Other training you might bring

- Specific yoga modalities (ex: Vinyasa etc...)
- Other fitness instruction training.

## Other details

- As a benefit to being a HIM yoga instructor you may list your personal business on the HIM website.
- If participants in the group wish to continue with yoga classes or other fitness training outside of HIM, you will be named as an instructor endorsed by HIM.

*If you feel that this posting reflects your abilities, please apply to the manger/coordinator listed in the heading of this posting.  
An interview will be scheduled with you according to your schedule.*

**\*other men who have sex with men**