

<b>Volunteer Position:</b>	HIM Yoga Instructor – New Westminster	<b>Posting Date:</b>	February 2023
<b>Staff Contact:</b>	Brian Portner <a href="mailto:Brian@checkhimout.ca">Brian@checkhimout.ca</a> Program Coordinator, Community Engagement	<b>Posting Closing Date:</b>	Open until filled
<b>Location:</b>	777 Columbia Street, New Westminster (Anvil Centre)	<b>Position Duration:</b>	Ongoing
<b>Position Type:</b>	Direct Client Service	<b>Service Area:</b>	Physical Health (Yoga)

### 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 GBT2Q community. 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 GBT2Q community. Yoga instructors play a multi-disciplinary role in that they engage community members in improving their physical health, while also providing a service to facilitate wellness in communities' 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 feel welcome and have the best yoga experience possible.
- Gain a thorough understanding of HIM's objective, programs and services.
- Reach out for support or help from your HIM Coordinator as needed.
- Be prompt and responsive in your communication with the HIM Coordinator.
- **Be open to support or cover classes for other instructors in case there is a need.**

Qualifications	
Required qualifications	Preferred qualifications
<ul style="list-style-type: none"> <li>• Certified as a yoga instructor or equivalent combination of education/experience.</li> <li>• Awareness and competency in working with GBT2Q men.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-identification as a GBT2Q man.</li> </ul> <p><i>Student or intern yoga instructors will also be considered if their certification is pending, and the student meets most other requirements.</i></p>

Commitment Expectation
<ul style="list-style-type: none"> <li>• We expect that our volunteer instructors <b>will lead 1-2 classes per month for a suggested 6-month period.</b></li> </ul>

Training	
Training provided by HIM	Other training you might bring
<ul style="list-style-type: none"> <li>• Training on HIM services, mission, values, and target population.</li> <li>• Site-specific orientation.</li> </ul>	<ul style="list-style-type: none"> <li>• Specific yoga modalities (e.g., Vinyasa)</li> <li>• Other fitness instruction training.</li> </ul>

Other Details
<ul style="list-style-type: none"> <li>• As a benefit to being a HIM yoga instructor, you may list your personal business on the HIM website, if you wish.</li> <li>• 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.</li> <li>• Honorarium will be provided.</li> </ul>

*If you feel that this posting reflects your skills and abilities, please indicate your interest by emailing the coordinator listed in the heading of this posting. A call will then be scheduled to assess mutual fit.*