



**CHICAGO HEIGHTS
PARK DISTRICT**

Yoga Instructor

Chicago Heights Park District

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Closing Date: TBD

Salary: TBD

Description:

Yoga Instructor

Job Description

Functions:

The duties and responsibilities of a Yoga Instructor include the following:

- Instruct small or large groups, whether they are new, intermediate, or experienced in yoga practice.
- Demonstrating various stretching poses, including advanced, adjusted, and alternative positions, to make them more accessible to students at different levels.
- Assisting students in improving or refining their practice. This includes at-home routines and positions that offer certain benefits.
- Helping individual students to perfect their form by offering instruction and manual adjustments.
- Sharing the fundamental spiritual and intellectual principles and practices

Leading group classes

Yoga instructors have the main responsibility of creating a curriculum and leading groups through different levels and types. This includes administrative tasks, such as putting together equipment and learning about the needs of clients.

Demonstrating your practice and technique

You will be the expert and use your body to demonstrate the best ways to do yoga poses, how to breathe properly, and other tips to help you achieve spiritual well-being.

Essential Skills

These are the most important skills yoga instructors must possess to help their students.

Customer service

To maintain a relationship with each member of the group, instructors must have exceptional customer service skills. To best connect with their students, they must use empathy and patience to teach new poses to beginners.

Leadership skills

Yoga instructors are expected to teach their students by modeling the poses and leading them. As they help their students improve their practice, they should provide constructive and positive feedback. Use motivational techniques to help students find their inner strength and challenge themselves.

Fitness

Yoga instructors must have the flexibility and physical stamina to perform a variety of poses, some more difficult than others. Students may be assisted with balance or partner practice. This can help them to build their strength.

Active listening skills

Yoga instructors need to listen to their students to best meet their needs. Active listening skills are used by yoga instructors to listen and reflect on the words of their students before acting.

Speaking in public

They can manage small groups or large numbers of students. They must also be able to speak English and can perform poses while walking around the space and assisting students. To better engage students, they should be able to make eye contact with each other.