



Wilmington Yoga has openings weekend teaching positions include Basic Flow, Power Flow, Hot/Warm Power Flow, Yin, Restorative Yoga, and more!

Responsibilities:

- Teach classes at our studio based on need, availability, and class format
- Provide superior customer service to all students
- Create and maintain a safe environment for all students
- Identify each student's fitness level and modify to fit their needs
- At times, the need to record attendance (sign people in) using our sign-in software will be necessary. We will train you how to use our software
- Complete all assigned compliance trainings and maintain all mandatory certifications

Requirements:

- RYT certified by Yoga Alliance - for Yoga, RYT500 preferred
- Prior Group Fitness Instruction a Plus
- Motivated
- Transportation that is reliable
- One to three years of teaching experience
- Positive and effective interpersonal communication skills
- CPR certification and basic first aid training is preferred, but not required.
- Knowledge of safe exercise techniques and group exercise principles
- Knowledge of basic physiology and body mechanics

Wilmington Yoga is a true community "center," open to people of all ages, shapes, sizes, and abilities who wish to deepen their understanding of yoga and healthy lifestyle practices.

Our student base includes seniors, military personnel, professional athletes, soccer moms, corporate executives, college students, celebrities, teachers, teens, and tots. We go to great lengths to create a friendly, non-intimidating environment for anyone who is curious about the amazing benefits yoga lessons and we love helping beginners explore their first yoga class!

Please apply at <http://www.wilmingtonyogacenter.com/about/careers/>

Job Type: Contract