

## VOLUNTEER CENTRE

### POSITION: YOGA FACILITATOR

The YWCA's Centre Multi is a place for learning and sharing across cultures and generations. We strive to meet the needs and interests of women, girls and families in the community and to promote their personal development, health and well-being. We invite you to come share your activity ideas with us.

We are seeking a yoga instructor to lead gentle sessions, ideal for participants who wish to relax, stretch and learn deep breathing. The activity must be accessible to all.

### Tasks and responsibilities

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- Propose and develop the activity;
- Lead all sessions in the term;
- Make sure participants are registered and take attendance as instructed by the reception agent;
- Alert the reception agent to any problems impeding the activity's smooth progress;
- Deliver a final report to the Centre Multi coordinator.

### Position requirements

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- **Knowledge:** Proficiency in the activity offered; ability to speak French and English.
- **Practical skills:** Ability to facilitate for and communicate with a diverse clientele; ensure the smooth progress of the activity.
- **People skills:** Good interpersonal skills. Must be welcoming, patient, empathetic, respectful, open-minded and tolerant.

### Volunteer conditions

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- Fill out the activity proposal form;
- Attend an interview, take a short training session and sign the volunteer code of ethics;
- Participate in the facilitators' meeting at the beginning of the term;
- Facilitate each session proposed for the term (up to 9 weeks);
- Familiarity with the YWCA's services and clients;
- Arrive 15 minutes early for each session to set up the space and prepare any materials needed;
- Communicate regularly with the Centre Multi coordinator.

### Type of position and schedule

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Regular position – **Mondays from 6 pm to 7pm** for 5 weeks, **from April 2<sup>nd</sup>**.