



## **OURMALA is seeking a Yoga Manager to join our London team**

This is a unique opportunity to gain experience working for OURMALA. You'll work in a small but dynamic, hard-working team, and have the chance to make a real positive difference to the lives of people seeking international protection in the UK, such as refugees and survivors of trafficking and modern-day slavery.

### **ABOUT THE ROLE**

This is a new role designed to look after OURMALA's team of yoga teachers and our training arm, reporting to the charity's Chief Executive and working closely with the Charity Manager, supported by our team and digital and recruitment assistants.

You'll spend most of your time developing deep relationships with our yoga teacher community to deliver safe, enjoyable and appropriate yoga to people seeking international protection, developing a really supportive and professional community with depth for our yoga teachers. You will lead on delivering and expanding our training offer and, working closely with OURMALA's chief executive and Charity Manager, together fostering a culture that prides itself on best practice, inclusion and sincere yoga practice.

You'll be asked to think creatively about how OURMALA can expand its community of yoga teachers, training programme and grow teacher capability locally to beneficiaries.

There is great potential for the number of days this role works to increase.

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### **WHO YOU ARE**

- Dedicated yoga practitioner.
- Experienced yoga teacher. Experienced in trauma-informed yoga with extensive experience in delivering yoga to people who have experienced trauma, have complex PTSD and working with people seeking international protection. You have demonstrable understanding of best practice in the field.
- Strong communicator. Outstanding interpersonal and communication skills, both verbal and written. You love interacting with clients, charity partners and the community.
- Team player. Working effectively with internal teams and external stakeholders.
- You'll be an energetic and committed collaborator, who'll be strong at developing relationships, understanding complex needs.

- **Accountable.** Demonstrated success delivering yoga programmes, training teachers and delivering projects from start to finish, working to deadlines and taking responsibility for the success or failure of projects.
- **Organised.** Exceptionally organised and dynamic as well as grounded, calm, assured and genuinely interested in others.
- **Go-Getter.** Willing to go the extra mile with a strong work ethic; self-directed and resourceful.
- **Experienced.** Previous experience in business, charity/non-profit sector, and managing volunteers.
- **Engaged.** Passionate about uplifting and supporting people who are vulnerable or disadvantaged. You are engaged in your community and social issues and care deeply about equal opportunities.
- **Personal Development.** Eager to deepen your own journey. You are deeply interested in specialist trauma yoga and meditation. Feeling the benefit of these practices in your own life, you are eager to spread the benefits to those who need it most.
- **Ideally,** experienced working with people seeking international protection in the UK and / or vulnerable people in challenging situations and familiarity with the asylum systems.

## **SOME OF THE THINGS YOU WILL BE DOING**

- Developing deep relationships with our yoga teacher community and the community we work in, to help deliver yoga to our beneficiaries.
- Developing OURMALA's yoga methods and capabilities so that they continue to reflect best practice and inclusivity.
- Recruiting, training, mentoring and supporting our yoga teachers, supporting their CPD.
- Delivering monthly 2-day yoga training and potentially online.
- Developing OURMALA's training offering as appropriate.
- Teaching an OURMALA yoga class to beneficiaries once a week.
- Collaborating with the Charity Manager to make sure monitoring and evaluation of OURMALA's yoga programmes is appropriate, as required, to assure the quality and effectiveness of the programmes and to meet contractual obligations.
- Working closely with the chief executive, Charity Manager and team assistants to develop and win bids for fee earning work, such as NHS contracts, attracting income that will support our core charitable objectives.
- Developing yoga programmes in response to funders' requirements.
- Working closely with the Charity Manager to maximise effectiveness and outcomes of our classes and programmes.
- Working closely with the Charity Manager to make sure our approach to monitoring and evaluation of OURMALA's yoga programmes is fit-for-purpose, to assure the quality and effectiveness of the programmes and meet contractual obligations.
- Working closely with the Charity Manager, Team Assistants and volunteer community to maximise effectiveness and outcomes of our programmes.

## THE DEAL

Reporting to the Chief Executive, this role is 2 days a week, based in our office in Richmond with travel across London to our class locations.

This is a PAYE role. The salary is approximately £16,846.

Our yoga teacher team currently comprises approximately 40 freelance yoga teachers. By June 2020, we will be providing 20 yoga classes per week plus 3 classes for the British Red Cross every quarter and two per week for NHS contract to work with survivors and bereaved of the Grenfell Tower fire.

OURMALA is a London Living Wage employer and the salary for this role is in line with other non-governmental organisations.

In the future, there is scope that the number of days per week may increase.

## HOW TO APPLY

Email us at [ourpeople@ourmala.com](mailto:ourpeople@ourmala.com)

- your CV including the names of two people we can contact for references, who know you professionally, and in what capacity you know them
- a letter telling us why you would like to join our team in this role
- confirmation of your availability for interview

## TIMING

**Application deadline:** midnight, Sunday 23rd February 2020

**Interviews will be held:** w/s March 2nd between 9-6pm in Richmond

**All interviewees will be informed of the decision by:** Sunday 15th March

**The role will start:** April 1st 2020 | **Days of the week thereafter:** 2 fixed working days

Please note that OURMALA will get back to everyone who applies for this role. If you have applied and have not heard back from us by March 31st 2020 then please let us know.

## ABOUT OURMALA

OURMALA is a yoga-based charity that has specialised in working with people seeking international protection in the UK, such as refugees and survivors of trafficking and modern-day

slavery since 2011. Most of our beneficiaries are recovering from atrocities, such as torture, sexual violence in conflict and human trafficking, and are registered with the UK Home Office.

We provide safe spaces for people to breathe and heal through yoga and to enable participation, all our classes are free and we refund the cost of travel. We also connect our beneficiaries with critical services, education and other opportunities, helping them on the road to fulfilling their potential. In North London, we also provide an English programme for mothers and mothers-to-be seeking international protection.

Beneficiaries are given the opportunity to volunteer and access training through OURMALA.

We work with women, men and children, predominantly in London but we have one partnership yoga programme in Scotland. Our goal is to make the OURMALA programme accessible all over the UK in partnership with local, like-minded yoga teachers and centres.

Less known is that we also use our expertise to provide high-quality yoga classes for others to help us put on the free classes for people seeking international protection. A recent example is a special project for the community affected by the Grenfell Tower fire, commissioned by the NHS. We also provide yoga in the workplace, where our high-quality yoga teachers are paid a fair wage, employees receive the wellbeing benefits of great yoga and the workplace feels good because it knows it's chosen a yoga provider that is actively helping in our local community. We also work in other NHS settings and adapt our programme to meet the needs of other patient populations across Greater London, taking a robust approach to monitoring, evaluation and impact reporting.

The majority of those OURMALA works with have recently experienced a major depressive episode and live isolated from their families, resulting in both physical and mental health problems. These people are some of the most marginalised, underserved and at-risk in our society.

Our beneficiaries say that yoga helps to relieve their pain and anxiety, helps them to sleep and start to restore self-esteem and hope, as well as a much-needed sense of belonging in a safe community.