



## Joining Ourmala's team of yoga teachers

### Essential experience:

- A devoted personal practice for minimum five years
- Teaching qualification from a yoga school, preferably with a course length of 500 hours
- Taught regularly (ie once a week) for at least two years since qualifying
- Have valid insurance
- Have current First Aid qualification
- Thorough knowledge of risk assessment, and health and safety issues in teaching

### Essential personal qualities:

- Warm, perceptive, sensitive, positive, emotionally stable and resilient, proactive and not easily fazed
- Compassionate
- Clear about boundaries
- Commitment to equality and to supporting vulnerable people
- Commitment to teaching the principles of Ashtanga Yoga

### Useful but not essential:

- Yoga therapy qualification
- Experience working with refugees, those seeking asylum or other vulnerable people
- Clean DBS check

## 2. Teaching descriptions

We're looking for female and male teachers to lead teaching and assist at some of our weekly classes working with refugees and asylum-seekers on a voluntary basis.

We refund travel up to £5 per class and classes run during school term times, so not during half-terms or summer/Christmas holidays. You can find our term dates on our website.

Due to the nature of this role, we are looking for an intended commitment of at least one year. Ourmala is committed to offering our service users all the benefits of a consistent teacher as far as possible. We understand that sometimes life just gets in the way but we do ask you to reflect on this seriously before applying.

### **Other teachers**



## **Joining Ourmala's team of yoga teachers**

We are also looking for teachers (female/male) who would be happy to provide cover at our yoga classes. As above, we would ask for an intended commitment of one year minimum.

### **The style of Yoga we teach and training**

The style of Yoga we teach is based on Ashtanga, with the Ujjayi breath and mindfulness principles central to all. We teach the primary series, up to different points, depending on the level of students in class and have a set class structure that we will ask you to follow. This said, we fully appreciate modifications will be necessary to suit the reality of the students. We will provide shadowing and basic training.

### **I'm interested! What now?**

The first step in joining Ourmala's team is to attend our one day fundraising event focused on training, *Refugee awareness for yoga teachers*. Find out more at [www.ourmala.com/training](http://www.ourmala.com/training)

After this, if you are still interested in joining our team, we will invite you to interview. If you are selected, we will then talk through our on-boarding process, which involves shadowing classes, 1-2-1 supervision and ongoing support and put you in touch our yoga co-ordinator who will be your main point of contact.

**Thank you for your kind interest in Ourmala**

**Find out more at [www.ourmala.com](http://www.ourmala.com)**