

Volunteer Position: Wellness Yoga Instructor

Position: Volunteer Wellness Yoga Instructor

Direct Report: Wellness Program Coordinator

Indirect Report: Manager, Community and Supportive Care

Job Summary: The Carpenter Hospice Wellness Program is seeking experienced individuals to lead safe and effective group yoga classes to individuals experiencing life-limiting illness and/or a palliative diagnosis, as well as caregivers. The Yoga Instructor is responsible for providing balanced yoga practice for participants of all levels and abilities. The Volunteer Wellness Yoga Instructor reports to the Wellness Program Coordinator and/or the Manager of Community and Supportive Care.

Time Commitment:

10:00am-12:30pm weekly or bi-weekly on Tuesdays

Qualifications:

- CYA-E-RYT 250 Membership Designation with Canadian Yoga Alliance
- Classical Hatha Yoga Training with Yoga Nidra Certification (considered an asset)
- A strong desire to work with those experiencing a palliative diagnosis and/ or their caregivers.
- Excellent interpersonal skills: ability to communicate sensitively and compassionately and speak effectively in a small group setting.
- Dependable and Reliable with the ability to take direction, accept supervision and work within a multi-disciplinary team.
- Ability to solve practical problems and deal with a variety of variables and situations.
- Regularly required to stand, walk, reach with arms and hands, bend, stoop, kneel or crouch.
- Ability to lift and/or move 15-25lbs.
- Completion of Hospice Palliative Volunteer Training with Hospice Palliative Care Ontario (HPCO) (30hr online training program to be completed prior to in-house training)
- 18 years or older
- Must provide valid Vulnerable Sector Check

Mandatory Training: (provided by the hospice)

- 30 Hour Hospice Palliative Volunteer Training (Online)
- Completion of role specific training

Application Instructions

To be considered for this exciting opportunity please submit a cover letter and resume to hr@thecarpenterhospice.com. We ask that you please include the position title in the subject line of any email correspondence. We thank all applicants; however, only those selected for an interview will be contacted.