

Job Title: Yoga Instructor

Location: Ladera Recreation District

Job Type: Contract

Department: Recreation

Reports to: General Manager

Job Summary:

We are seeking a certified and passionate **Yoga Instructor** to lead safe, effective, and inspiring yoga classes for students of all levels. The ideal candidate will have strong communication skills, a deep understanding of yoga principles, and the ability to create a welcoming, inclusive and adaptive environment.

Key Responsibilities:

- Lead yoga classes
- Modify postures and practices to accommodate people of varying skill levels and physical limitations.
- Create a calming and motivating environment that encourages growth, mindfulness, and community.
- Maintain a high standard of safety, cleanliness, and professionalism during all sessions.
- Offer guided breathing, meditation, and relaxation techniques as appropriate.
- Arrive on time and prepared for all classes and events.
- Build relationships with class participants and encourage class attendance.
- Coordinate with management regarding rosters and schedule.

Qualifications:

- Certified Yoga Instructor (RYT 200 or higher).
- CPR/First Aid certification.
- Previous teaching experience preferred.
- Strong understanding of human anatomy and safe movement practices.
- Excellent interpersonal and communication skills.
- Passion for health, wellness, and helping others grow.

Preferred Skills:

- Experience teaching specialty classes (e.g., prenatal, seniors, power yoga).
- Knowledge of yoga philosophy and mindfulness practices.
- Background in fitness, dance, or physical therapy is a plus.

Compensation:

\$25 - \$50 per hour based on experience.