

Job Posting

Meditation Instructor



DESCRIPTION

The meditation instructor plans, organizes, and teaches meditation classes for all ages, is responsible for creating class curricula, and provides excellent instruction on techniques to improve mindfulness and reduce stress of students.

DUTIES AND ESSENTIAL JOB FUNCTIONS

- Maintain a safe, welcoming, and motivational teaching atmosphere
- Create a curriculum to benefit students, whether one-time drop-ins or regular participants
- Teach basic mindfulness-based programs
- Provide instruction to deepen students' personal practice
- Ensure work area is cleaned and organized before, during, and after classes
- Keep up-to-date on safety and fitness trends
- Provide full inventory of class materials to Recreation Supervisor at beginning and end of class session
- Coordinate with supervisor to organize and schedule classes, activities, and needed supplies
- Maintain open communication with supervisor, families, and participants

QUALIFICATIONS

- 2 years of experience teaching all ages at beginning, intermediate, and advanced levels of meditation training
- Adequate knowledge of techniques, vocabulary, and styles of meditation
- Ability to create lesson plans and curricula
- Comfortable creating age appropriate class materials
- Awareness of proper body mechanics to prevent injury
- Ability to motivate and energize students of all skill levels and ages
- Yoga experience and training a plus
- Background or degree in psychology, education, social work, counseling, health, or related field highly encouraged, but not required

JOB STATUS Part time **DEPARTMENT** Recreation **FSLA STATUS** Non-Exempt

SALARY \$12-\$16 per hour, depending on qualifications

HOURS Hours vary and depend on scheduled class offerings

HOW TO APPLY Qualified applicants may submit application and resume to Lisa Semetko, Recreation Supervisor at lsemetko@bvilleparks.org