

SISTERING

Yoga Volunteer Job Description

PROJECT TIME:	2pm-3pm Tuesdays and Fridays
PROJECT DESCRIPTION:	<p>Sistering offers women a variety of wellness and recreationally-based programs including yoga.</p> <p>Volunteers (women-identified volunteers) will provide yoga classes at Sistering—a drop-in for women experiencing homelessness, low income and social isolation.</p> <p>Classes take place at a Union Yoga + Wellness-- just doors down from the Drop In. The studio can hold up to 10 women each class.</p>
PROJECT SKILLS/REQUIREMENTS:	<p>Volunteers must be comfortable working with homeless and marginalized women. Sistering is a trans-inclusive space.</p> <p>We are seeking volunteers who are:</p> <ul style="list-style-type: none"> -Certified 200 hrs (provide copy of certificate) -Preferably more than 2+ years' experience -Availability matches with program times. Yoga at Sistering occurs every Tuesday and Friday (except stat holidays) from 2pm-3pm. -Can commit to 2 shifts a month; or act as "sub in" if cancellations occur. -Flexible schedule: yoga instructors who are also available for last-minute cancellations -Experience with the population of women who use Sistering services and be able to adapt the classes to their unique needs (eg. Physical mobility) -Demonstrate clear professional boundaries as outlined by the volunteer coordinator, Sistering staff and Sistering policies -Demonstrate good judgment and the ability to consult with staff appropriately <p>Program volunteers go through the general interview, screening, and training process as all volunteers who participate in Sistering's volunteer program. For more details, please contact Sistering's Volunteer Coordinator.</p>
PROJECT LOCATION:	956 Bloor St. West at Union Yoga + Wellness
MAJOR INTERSECTION:	Bloor & Dovercourt
TRANSPORTATION/PARKING:	TTC station: Ossington; Parking: Green P 2 blocks west of Dovercourt and north on Bloor
Staff Contact/Supervisor:	Volunteer Coordinator
PHONE:	416-926-9762 ext 239
Fax/EMAIL:	416-926-1932