

SISTERING

Yoga Volunteer Job Description

Program dates and times	2pm-3pm Tuesdays and Fridays
Purpose of the Program	To offer a recreational program for self-identified women and trans people to feel connected, engage in an activity to reduce stress, increase wellness and community through doing yoga at a studio in the community.
Outline of responsibilities	Volunteers (female- and trans-identified) will provide yoga classes at Sistering—a drop-in for all women and trans people experiencing homelessness, low income and social isolation. Classes take place at a Union Yoga + Wellness-- just doors down from the Drop In. The studio can hold up to 10 participants each class.
Activities and tasks:	<ul style="list-style-type: none"> - Create a welcoming environment for participants to take part in the program. - Guide up to 10 participants through a one hour yoga class - Conduct classes with a care towards varying physical abilities, cognitive abilities, and mental health
Skills, experience and qualifications required	<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 and trans people 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
Personal traits and qualities needed and/or desired	<ul style="list-style-type: none"> - Able to work independently comfortably leading a small size group - Flexibility - Patience - Reliable (participants look forward to the program) - Able to set boundaries - Keep a warm and friendly environment (sense of humor helps) - Commitment to anti-oppressive, trans-inclusive, feminist, harm reduction philosophy or interest in learning it - Asset if ability to speak second language especially Spanish, Mandarin, Cantonese, Portuguese

SISTERING

Yoga Volunteer Job Description

Orientation and training required	Yes – volunteer orientation, online training modules for AODA, Health and Safety, Harm Reduction, Customer Service Standard
Support, supervision and evaluation provided	Supervisor provides support, coordination between volunteers and staff. Volunteer Coordinator: Alida Morris, P: 416-926-9762 ext. 239 E: amorris@sistering.org
Working conditions (e.g. non-smoking environment)	The yoga program is run two doors down at Union Yoga and Wellness. Union staff are on site and Sistering staff can be contacted via phone. Instructors will have up to 10 participants in class. Volunteers are not expected to liase between Union staff and participants/Sistering staff.
Benefits to the volunteer	Learn skills/improve people service skills; how to work with people who are homeless, living with chronic poverty, have experienced complex forms of trauma and mental health issues. Be part of a network of people working towards eliminating barriers to inclusion, support and services. Volunteer coordinator is able to give reference letter confirming volunteer hours and activities undertaken.