

**EAST NEW YORK SRO – YOGA INSTRUCTOR****East New York SRO:**

East New York SRO is a 17–unit residence providing permanent supportive housing and on-site services to formerly homeless individuals and those living with mental illness or HIV/AIDS.

**Volunteer Position:** Yoga Instructor

**Contact:** Valerie Zimmerman, (718) 566-8750

**Purpose of Job:** To encourage relaxation and stress management through movement and meditation

**Commitment Required:** Days and times are flexible.

**Duties May Include But Are Not Limited To:**

- Assist recreation staff in developing weekly yoga/movement activities.
- Advertise and encourage participation.
- Teach movement skills to adults.
- Debrief with staff after each session, reporting any questions or concerns.
- Take attendance.

**Qualifications Needed:**

- Must have a background in yoga instruction.
- Must be organized and motivated to sustain classes.
- Must be 18 years or older.
- Must be reliable and responsible.

**Training/Orientation Provided:**

Designed to meet the individual needs of the volunteer, and includes a program tour and introduction to Volunteer of America.

**Location of Job:** East New York SRO, 1381 East New York Ave, Brooklyn, NY 11212

**Volunteer Benefits:**

- Gain experience and build resume.
- Opportunity to share your expertise and inspire and uplift those in need.
- Subscription to *Everyday Miracles*, Volunteers of America's bi-annual newsletter.
- Invitations to volunteer appreciation events.
- Free Parking.