

Job Description
Yoga Instructor

HiFlex Physio

General

At HiFlex Physio, we believe at creating a positive ad inclusive environment where all clients feel welcome and supported in their fitness journey.

A Yoga Instructor at HiFlex Physio will have the opportunity to share their knowledge and passion for yoga with our clients. They are responsible for leading safe and engaging yoga classes that cater to the needs and abilities of our clients. They are expected to create a positive and supportive environment that encourages clients to achieve their fitness and wellness goals through the practice of yoga.

Yoga Instructors will also be responsible for designing and executing yoga programs including: selecting appropriate poses and sequences, providing modifications and adjustments and demonstrating proper techniques.

In addition, they will be responsible for building strong relationships with clients, providing ongoing support and motivation, and contributing to the growth and success of our yoga programs.

Responsibilities

- Develop and deliver high-quality yoga classes that meet the needs and goals of our clients.
- Provide personalised instructions and modifications to clients to ensure safe and effective practice.
- Create a positive and welcoming environment for clients and build strong relationships with them.
- Continuously educate and motivate clients to achieve their fitness goals and maintain healthy lifestyle habits.
- Participate in promotional events and marketing activities to attract new clients and promote yoga as a fitness option.
- Maintain a clean, organised, and safe yoga studio and equipment and ensure compliance with health and safety standards.
- Attend meetings and trainings as required and contribute to the development and improvement of yoga programs and services at HiFlex Physio.

Qualifications

- Certified Yoga Instructor with a minimum of 200 hours of training from a recognised yoga school.
- Current CPR and First aid certification.

- Minimum of 1-2 years of teaching experience, preferably in a group setting.
- Excellent verbal communication and interpersonal skills, with the ability to connect with clients and provide clear instructions.
- Ability to adapt to different skill levels, physical abilities and learning styles.
- Passion for health and wellness and a commitment to ongoing personal and professional development in the field of yoga.

Knowledge Requirements

- Comprehensive knowledge of yoga techniques, poses and sequences.
- Understanding of anatomy, physiology, and kinesiology as they relate to yoga.
- Knowledge of the principles of alignment and adjustments in yoga practice.
- Ability to modify poses and sequences to accommodate different body types and skill levels.
- Familiarity with different yoga styles and their benefits, including Hatha, Vinyasa, Yin, and Restorative Yoga.

Working Conditions

- This position will require standing, walking, and performing physical activities for extended periods of time.
- The Yoga Instructor may need to travel to different locations to provide services.