

Yoga Instructor

Part-Time | Non-Exempt | Onsite

As a Yoga Instructor, you are responsible for leading dynamic and challenging hot yoga classes in a heated studio environment. You will create a supportive and motivating atmosphere for students, helping them build strength, flexibility, and mindfulness while ensuring their safety and comfort.

Essential Job Functions and Responsibilities

1. **Teach Hot Yoga Classes:** Lead hot yoga classes that are challenging, engaging, and safe, catering to students of various skill levels and abilities.
2. **Instructor Guidance:** Provide clear and concise instructions for yoga poses and sequences, emphasizing proper alignment and breath control.
3. **Assist and Correct:** Offer adjustments, corrections, and modifications to help students improve their practice and prevent injuries.
4. **Class Planning:** Design and plan hot yoga classes that are well-structured, balanced, and creatively sequenced to keep students engaged and challenged that follow the Studio's established guidelines and modality frameworks.
5. **Create a Welcoming Environment:** Foster a welcoming and inclusive atmosphere that encourages community and supports students' yoga journeys.
6. **Relationship Building:** Cultivate and build student relationships by making themselves accessible and approachable before and after class.
7. **Safety and Hygiene:** Maintain a clean and safe Studio, ensuring that the facility is in good working condition following all established protocols.
8. **Customer Service:** Provide excellent customer service behind the Front Desk while processing POS transactions, answer students' questions, and display a commitment to staying informed about the Studio's product offerings.
9. **Schedule Flexibility:** Be flexible with your schedule to accommodate classes including evenings and weekends, while prioritizing subbing support.
10. **Continuing Education:** Stay updated on the latest developments in yoga instruction by attending workshops and/or training programs while building a consistent yoga practice and self-study.

Job Characteristics

- Ability to lead students in physical activity for up to 90 minutes per class.
- Ability to withstand exposure to heat (105 degrees F) for the duration of each class.
- Ability to stand for extended periods of time behind a computer.
- Ability to lift up to 25 pounds for tasks such as moving yoga props/equipment, laundry, and supplies.

Qualifications

- Certificate of completion from a 200-hour (or more) yoga teacher training and/or relevant training certification by an accredited fitness institution (NASM, AFAA).
- Current CPR/AED certification required.
- Carry personal liability insurance listing Bronx Yoga Lab as additional insured.
- Strong computer skills, including familiarity with standard office software (e.g. Microsoft Office) and Windows 10 operating system.
- Ability to quickly learn and navigate specialized software used in the wellness industry; experience with Mariana Tek preferred and/or demonstrated success with other SaaS platforms such as Mindbody or Wellness Living.
- Follows all company policies and procedures, as well as, all local, state and federal laws concerning employment.

Hourly Pay Range

Per the NY Pay Transparency Act, the pay range for this role is \$50.00 to \$80.00 per class, based on years of direct teaching experience.

This job description is intended to convey information essential to understanding the scope of the job and the general nature and level of work performed by job holders within this job. However, this job description is not intended to be an exhaustive list of qualifications, skills, efforts, duties, responsibilities, or working conditions associated with the position. This job description is general and may evolve over time. The description is subject to periodic updating. At management's discretion, the employee may be assigned different and/or additional duties or responsibilities.

Essential job functions and requirements are subject to possible modification to reasonably accommodate individuals with disabilities. Bronx Yoga Lab provides equal employment opportunity to all applicants without regard to factors such as race, color, sex, religion, gender, sexual orientation, gender identity or expression, national origin, age, disability, pregnancy, genetic information, marital status, military or veteran status or any other characteristic protected by law.