



EMPLOYMENT OPPORTUNITY

Yoga Instructor (Substitute)

[Santa Ana / Los Angeles]

Job Title: Yoga Instructor

Reports to: Yoga & Fitness Manager

Location: Sender One SNA, Sender One LAX

Sender One is looking for an enthusiastic, self-motivated, proactive yoga instructor to join our Yoga & Fitness Team! This is a part time position. The ideal candidate is someone who is passionate about what they do and can provide support for the yoga team while working for a fast-growing company.

What You'll Do:

- Provide instruction to our members, guests, and staff using the knowledge learned through your various certifications
- Provide modifications for all experience levels
- Safely and effectively demonstrate poses being aware of student experience levels
- Connect with guests with a big smile and positive energy
- Mentor new yogis and staff by sharing creating beta you have learned
- Provide instruction, encouragement, corrections and adjustments (if student wishes) to other yogis
- Inspire new people to discover a yoga practice by sharing your passion with them
- Manage the inherent risks involved with practicing yoga
- Maintain all current policies and procedures concerned with customer facing cleanliness and sanitation including but not limited to use of personal protective equipment
- Take initiative to help the team progress to our shared purpose - discover ourselves and connect with others through climbing, yoga and fitness
- Provide members and guests with information about other one Sender One offerings, schedule, pricing and promotions

Who You Are:

- Passionate about yoga and the yoga community
- A positive and patient teacher who is flexible and able to adapt to change and the needs of your yogis
- Professional and punctual
- Detail oriented with the ability to make either clear verbal or physical corrections to other yogis
- Motivated and self driven
- Creative (bring your own personality into your practice)

- Strong interpersonal and professional skills
- Knowledgeable about different styles of yoga
- Has a strong knowledge of anatomy
- Able to provide modifications for all experience levels
- A team player, willing to step in to help other instructors and offer feedback about class offerings
- Can make decisions and work confidently in an unsupervised environment
- Time conscientious and can start and end class on time

Experience You Bring:

- At least one year teaching experience
- 200 plus hour certification from an accredited yoga program
- CPR certified
- Ability to use computer system / sound system within studios
- Basic knowledge of Mindbody or RGP (a plus)
- Ability to demonstrate exercises relevant to class style
- Physically be able to lift and carry up to 20lbs

Your Time Commitment:

- As an instructor with classes on the schedule, a weekly commitment to that specific class (either 60 / 75 minute class)
- Flexibility to sub for other instructors
- Offer at least one workshop per year within the studio
- As a sub, ability to step in to teach either a 60 or 75 minute yoga class

Perks of Being on the Sender One Team:

- Free membership for you (when you teach 2 classes per week or 8 classes a month) and a plus one membership for a person of your choice
- Discounted membership for immediate family (parents, children, siblings)
- Discounts and Pro-Deals on retail and climbing/outdoor gear
- 30% off staff discount in our retail shop
- Staff climb nights

Employee Conduct:

Sender One employees are responsible for following rules of conduct based on honesty, good taste, fair play, courtesy, safety, and professionalism when interacting with co-workers, customers, and vendors.

APPLY HERE