



OPEN POSITION FOR YOGA INSTRUCTOR

TO APPLY, SEND YOUR RESUME AND COVER LETTER TO INFO@LAALNYC.ORG

ABOUT LAAL NYC:

Laal is looking for dedicated leaders to join our growing team. At Laal we provide resources to Bengali women in the Bronx so that they can live healthy, engaged, and joyful lives. In Bangla, laal means red. Laal symbolizes many things: the mark of menstruation; the red altha with which Bengali women adorn themselves; the red saree Bengali women wear on their wedding day; the red bindi that Bengali women are famous for; and of course, the red sun in the center of the Bangladeshi flag. We chose this as our name because it serves as a reminder of the strength and resilience of Bengali women.

Laal is a 501(c)3 nonprofit organization dedicated to the well-being and movement building of Bengali/Bangladeshi womxn from the Bronx. To date, we have held over 345 womxn-led workshops, gathered over 200 active members, and assisted over 2,800 individuals in obtaining food and other resources during the COVID-19 pandemic. Laal envisions Bangladeshi womxn breaking generational cycles of poverty and trauma, advocating for change, and building sustainable, joyful communities.

For more information about Laal, please visit www.laalnyc.org.

ROLES AND RESPONSIBILITIES:

- Develop, implement, and lead Laal's 10-week wellness program starting for Spring Programs starting in May 2022 to the end of July 2022.
- Establish clear objectives for all lesson plans, projects, and activities and communicate those to program members
- Attend mandatory staff training, team meetings, and a weekly check-in with the program manager and executive director



- Responsible for setup, operation, and clean-up of activities and the organization, inventory, and storing of relevant supplies and equipment
- Build healthy relationships with participants, staff members, and interns
- Provide necessary office support to the executive director and staff
- Create, print, and file all sign-in attendance sheets and make phone calls to ensure participant attendance
- Listen to participants, answer questions, and engage in conversations before and after classes
- Demonstrate leadership dependability, patience, and ability to work in community-oriented settings
- Follow administrative, CDC, and governmental safety and personnel policies, procedures, and ordinance
- Must report any incident (accident, injury, altercation, etc.) to the executive director within a day

REQUIREMENTS:

- Must have 200 hour Yoga Teacher Training
- Minimum of one year of experience actively leading successful group exercise classes
- Current CPR/AED certification
- Must be well-organized and prepared to teach classes
- Must be able to think independently and develop routines for teaching specific exercise classes
- Awareness of proper body mechanics to prevent injury



- This position required the ability to stand, stoop, kneel, crouch, bend, walk, and talk
- **Bangla language (Syhleti and/or Shuddo dialects) fluency is a plus but not a requirement**
- **Applicants must be NYC or Bronx based.**

PAYMENT:

The Yoga Instructor Position is part-time for 10-15 hours a week at \$26 - \$30/hr depending on experience. The position will run from May 2023 to July 2023.