

Position: Yoga teacher

Eligibility:

- Maximum age not above 40 years as on 01/02/2021
- Master degree in Yoga with minimum 60% marks secured

Requirements:

- Yoga Certification with Yoga Alliance.
- Education or experience in health and fitness domain (preferable).
- The art of teaching the Vinyasa Flow.
- Knowledge of the Chakra System, Asana, Pranayama, Mudra, Bandha Mantra and Mindful meditation.
- He/ She should have knowledge of the history, philosophy, and ethics of yoga.
- Good interpersonal and communication skills
- Passion for health and wellness, coupled with knowledge of the anatomy of the human body and physiology, will ensure success.
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Job role:

- Conduct and lead yoga classes.
- Visually assess students to determine their level of practice.
- Assist students to achieve precise alignment.
- Demonstrate practice and techniques.
- Possess the ability to move energy through the body.
- Transform energy during the warm-up, build-up and cool-down stages.
- Motivate students with words of encouragement.
- Connect with students during the yoga classes through fun, intelligent sequencing.
- Offer training recommendations to improve the practice of yoga.
- Engage in administrative duties.