



COMMUNITY PARTNERS IN ACTION

JOB TITLE: Yoga Instructor, Contract position
POSTING DATE:
SHIFT: 2-6 hours per week
LOCATION: Hartford and Bridgeport, CT

Overview

Community Partners in Action is seeking qualified individuals to provide contracted services in Mindfulness Yoga instruction to youth in the Hartford and Bridgeport secure detention centers. Eligible candidates will be required to provide an overview of their qualifications and experience providing proposed services that will meet the needs of boys and girls, as well as a certificate of personal liability insurance at the time of interview.

Groups will be provided on weekends and evenings. Individuals selected will need to complete 8 hours of training prior to providing services. Training will include:

- Ethics: 1 hour
- Motivational Interviewing: 1 hour
- Gender Responsive: 1 hour
- PREA: 2 hours
- Confidentiality: 1 hour
- Overview of the Detention Facilities: 1 hour
- Detention Staff Roles: 1 hour

Valid Driver's License required. Responsible for all transportation and travel expenses to Hartford and Bridgeport sites, including mileage.

Responsibilities

- Prepare a detailed curriculum outlining the activities planned for each meeting with the youth, prior to beginning services.
- Provide the youth exposure to various forms of mindfulness and yoga instruction that include:
 - Teaching physical postures and movement to improve strength, flexibility and balance
 - Breathing practices to improve focus and encourage awareness
 - Meditation and guided relaxation to introduce mindfulness
 - Teach the cultural foundation and history of mindfulness and yoga
- Adherence to the following guidelines:
 1. Cell phones are not allowed in any of the facilities. In addition to cell phones, any devices that have or can provide internet access, such as mobile wifi, mobile hot spots, etc. are prohibited.
 2. In the event that music is to be used, it must meet the following criteria:
 - All music must be the clean version of the song and/or video. This includes but is not limited to:
 - No profanity
 - No discussion or glorification of the following:
 - Gangs
 - Violence

- Sex
- Drugs and/or alcohol
- No discussion or display of any sexually explicit materials/language.
- No objectification of women/men

Funds are available for purchasing equipment and supplies. All purchases must be approved in writing by CSSD and a purchase order issued by CPA's Fiscal Office prior to funds being released.

In order to be considered for this position candidates must submit a detailed quote describing how they will deliver the responsibilities outlined above.

Training will be paid at \$20 per/hour. Group sessions will be paid at \$75 per one hour session.

The selected candidate will be required to successfully complete a Criminal and DCF Background check.

Apply by email: jobs@cpa-ct.org (MS Word Documents only)

Apply by fax: 860-967-3280

ONLY CANDIDATES SELECTED FOR INTERVIEW WILL BE CONTACTED