



## **YOGA INSTRUCTOR – JOB DESCRIPTION**

**Location:** Aspire Behavioral Health in Bakersfield, CA

**Classification:** Contractor

**Pay:** \$21 - \$25 per hour

At Aspire Behavioral Health, we believe in the importance of implementing evidence-based classes within our programs that further the improvement of behavioral health conditions. These classes are designed to improve a sense of self, reduce stress, anxiety, and depression, and increase positivity and socialization. An important aspect of these services is the implementation of trauma-focused yoga and meditation practices. We believe that an essential feature of the wellness journey is the implementation of mind and body communication.

### **Aspire Culture:**

At Aspire Behavioral Health, we emphasize practicing what we teach. As a mindfulness-based facility, we actively implement mindfulness into our team-based approach. We strive to maintain our friendly and supportive workplace relationships by providing staff monthly staff lunches, weekly staff yoga class, a team-based collaborative approach to treatment and an open-door policy to all management.

### **Essential Functions:**

- Conducts trauma-informed yoga practice to intensive outpatient participants.
- Conducts mindfulness meditation.
- Facilitates mindfulness-based discussions.
- Conducts or assists with educational or supportive groups for clients and families. Maintains safety of clients and staff. Maintains ongoing consultation with the treatment team. Communicates pertinent client information to team members daily. Shares relevant information with community agencies to facilitate continuity of care. Provides leadership and consultation pertaining to treatment dynamics.
- Demonstrates a commitment to a high level of professional performance through the balance of client care, organizational and personal responsibilities. Arranges and organizes work schedules according to needs of clients and organization.
- Provides therapeutic activities when scheduled. Maintains a safe environment while encouraging group cohesiveness and individual participation. Maintains a safe environment encouraging individual participation.
- In collaboration with the treatment team ensures implementation of standards which promote maintenance of client rights, including, but no limited to:
  - Maintenance of all HIPAA standards.
  - Adaptation of care to all ages of clients served.
  - Ethical considerations.
- Maintains own professional growth through the utilization of professional organizations, seminars, In-service programs, and other self-directed learning activities.
- Maintains awareness of current Aspire developments and trends in the provision of mental health services as applicable to position responsibilities.
- Determines appropriate priorities for activities based on work demands.
- Maintains awareness of current Aspire operational policies and procedures, which impact on position relationships.



- Ensures that problems/concerns regarding activities in the treatment center are communicated with the Executive Director.
- Participates in ongoing performance improvement activities within the facility as assigned.
- Actively participates in staff meetings with a focus on providing input regarding improving the quality of client care services in the facility.

**Education and Experience Requirements:**

- Must have Yoga certification and Mindfulness Meditation experience.
- Team Player
- Reliable

**Physical Demands:**

- a. Physical Activity - Exerting up to 35 pounds of force occasionally and/or up to 15 pounds of force frequently, and/or up to 5 pounds of force constantly to move objects.
- b. Working Hazards or Risks - Potential exposure to infectious processes during client interactions.
- c. OSHA Blood Borne Risk Category I.

**Training:**

- a. CPR
- b. 1st Aid
- c. Crisis prevention training
- d. Harassment training
- e. Training courses as assigned