

## Lead Teacher / Assistant Lead Teacher 200-hour Yoga Teacher Training Programs



### OVERVIEW

#### Introduction

At red lila School of Yoga, we are passionate about the development and advancement of yoga education. We are focused entirely on supporting yoga teachers - no distractions. This singular focus allows us to channel all of our energy and passion toward bringing our students the best learning and development experience possible. Our Teacher Trainings, workshops, and courses inspire and educate new and current yoga teachers to teach transformational and effective classes crafted from sound methodology using their own authentic voice.

As we plan to expand our 200-hour Yoga Teacher Training (YTT) offerings, we are seeking to hire more Lead Teachers & Assistant Lead Teachers. We are looking for competent, experienced, and inspiring yoga leaders for this part-time position.

#### Location

In 2021, our 200 YTT programs are 100% online which allows you to be anywhere to complete this work. Looking ahead, in 2022 and beyond, it is unclear if Yoga Alliance will allow us to offer virtual training. Given that, we are seeking teachers who are interested in leading online and in-person 200 YTT Programs currently held in Baltimore, MD.

Note: We are open to having our faculty lead in-person 200 YTT Programs outside of Baltimore. If you live in another city/state, and would like to run 200 YTT Programs with us outside of our school's home area, you may still complete this application.

#### Schedule

In-person training hours are typically held on six Saturdays, six Sundays, two Thursdays, two Fridays, and four Wednesday evenings spread out across the 3-4 month duration of each 200 YTT Program. Online training hours are held every other Saturday and Sunday, and every Wednesday evening across the 3-4 month duration of the 200 YTT ([Here is an example of our upcoming Online YTT's schedule](#)). Each faculty team member is typically present for most, not all, of the live hours in each program. All faculty positions require hours outside of the training hours which include prep, debrief, team meetings, grading, communications, etc.

#### Anticipated start date

In order to set you up for success as a teacher, we believe onboarding is critical. Therefore, we are looking for teachers to begin onboarding in May 2021 in order to be in a position to lead our upcoming Online 200-hour YTT Program this Fall 2021.

## Pay

Based on education and experience.

## ESSENTIALS

### Teaching

- Teach anywhere from 55-130 live hours in each 200 YTT Program
- Teach a range of curriculum topics including Yoga Anatomy, Sequencing, Alignment, Meditation, Pranayama, Energetics, Teaching Methodology, Teaching Skills, Yoga Philosophy, Ethics, and Practicums.
- Teach from the red lila School of Yoga Curriculum + Program Design
- Prepare as necessary before each YTT session to lead red lila School of Yoga Curriculum

### Program + Student Management

- Grade and review assignments
- Monitor student progress
- Support and communicate with students about their questions
- Collaborate with the YTT Team in the teaching and delivery of the 200 YTT Program

### Program Development

- Collaborate with YTT Director in this continuous improvement of program design and curricula
- Support red lila in student recruitment and enrollment of trainings
- Perform other duties as assigned

### Skills + Mindset

- **Yoga Aficionado:** As a teacher of teachers you are a source of education and inspiration with an opportunity to support the next generation of yoga teachers in our growing field. You have a responsibility to be informed, maintain a high level of expertise, and point students toward additional resources when appropriate. The ideal candidate reads yoga articles often, stays up-to-date on the latest news and research, knows where the resources are, has a contagious passion for yoga, and has yoga knowledge that is regularly improving.
- **Team Player:** As a Lead Teacher, you are part of a team of teachers and staff working together toward the same goal. We approach leading a 200-hour YTT as a collaborative effort and believe we create the most effective learning environment when we work in union. The ideal candidate thrives in a team environment and is excited to work with others in the service of our students. Simply put, this is not an independent teaching position.
- **Skilled Communicator:** As a Lead Teacher, your most-effective teaching tool is clear communication with your students and your team. The ideal candidate has a knack for

clearly explaining complex yoga concepts in an approachable way, and, at the same time, is a skilled listener who values being present for others.

- **Professional:** As a Lead Teacher, you are not only teaching Professional Yoga Ethics, you are an example of professional ethics inside and outside of the yoga classroom. The ideal candidate understands the sensitivities of the student-teacher relationship, can approach tough conversations with professionalism, and enjoys having fun all while maintaining the highest professional standards.
- **Agile Planner:** As a Lead Teacher, you will be expected to come fully prepared for all YTT sessions. While the ideal candidate values preparation and organized structure, they are flexible to create in-the-moment solutions to unexpected circumstances.
- **Yoga Marketing Amateur:** As a Lead Teacher, you will be expected to recruit and enroll students into your YTT programs by actively marketing the programs you lead on your own networks and social media pages/website/newsletter. The ideal candidate understands the importance of marketing yoga services even if it is not the reason they fell in love with teaching yoga.

## EDUCATION + EXPERIENCE

### Required

- E-RYT 200: Credentialed through Yoga Alliance
- E-RYT 500: Credentialed through Yoga Alliance, or is on the path to this credential ([LINK](#))
- Current Vinyasa Yoga practitioner and teacher
- Leads yoga programs (or has experience teaching yoga programs) such as workshops, class series, community events, retreats, training, etc.

Don't meet the above required experience and you still want to apply? If you believe you are a good fit, and this is an opportunity you would like to pursue, please make sure to share your relevant experience in your application Cover letter.

### Preferred

- Preference for those with a diversity of yoga education as well as academic higher education
- Preference for those with experience in leading yoga teacher training modules or full programs

## APPLY

Please complete the online application here which includes submission of your Yoga Teaching Resume + Cover Letter: <https://forms.gle/key5Xc1tgZKyNcMS8> . We are accepting applications until April 1, 2021.