



Center for Mindful Stress Resilience

Niroga Institute is Hiring Dynamic Mindfulness Instructors!

We are a leading movement-based mindfulness non-profit organization with the vision of a more mindful generation for a more connected and compassionate, empathic and equitable world. In these unprecedented times our program partners are telling us, *"We need you more than ever!"* We are looking for capable and motivated Dynamic Mindfulness instructors, who align with our [mission](#). Please review our website to learn more about us: www.niroga.org. If you meet the qualifications and are passionate about developing millions of mindful children and youth along with the adults around them, we look forward to receiving your application.

Position Title: Dynamic Mindfulness Instructor

Report to: Niroga Program Manager

Classification: Part-time; hourly.

Salary: \$45 - \$50/hour commensurate with experience

We are hiring instructors to teach DMind in programs in various locations throughout the San Francisco Bay Area within the following settings:

- Elementary schools
- Middle schools
- High schools
- Special education
- Juvenile halls
- Group homes

Chosen candidates will be asked to become familiar with Niroga's curriculum and will be given training to support them in leading DMind sessions.

DMind sessions will primarily be taught on site in person. There may be some opportunities to remotely provide live online sessions.

The following qualifications and responsibilities apply:

- Training in yoga and/or mindfulness, with preference given to certified yoga teacher
- Experience teaching or working with populations described above
- Strong classroom management skills
- Reliable and willing to work as part of the Niroga team responsible to those we serve
- Minimum six-month commitment, but a 9-month school year commitment is preferred

Send your resume, including both yoga and non-yoga work experience and education, to hire@niroga.org. Please include any preferences or expertise you have for working with specific age groups or settings listed above.

To Apply: Send an email to Hiring@niroga.org that includes a cover letter and resume.