Volunteer Yoga Teacher

Ideal time commitment: 2 hours a week, fortnightly, for a minimum of 6 months

Reports to: Community and Integration Manager

About the Helen Bamber Foundation

The Helen Bamber Foundation (HBF) is a human rights charity based in London which was founded in 2005. Our specialist team of therapists, doctors and legal experts have an international reputation for providing therapeutic care, medical consultation, legal protection and practical support to survivors of human rights violations.

HBF grew from the recognition that people who have suffered prolonged inter-personal violence – whether from human trafficking; war; community, domestic or gender-based violence – present with similar physical and psychological symptoms to torture survivors and experience the same complex and enduring responses to their trauma.

We offer our clients a Model of Integrated Care, providing legal, medical, psychological and welfare support, as well as an Integration Programme which includes arts-based groups, and skills-based classes such as English and IT. Through this, we help our clients to develop a sustained recovery from extreme trauma.

About the role

The Creative Arts and Skills Programme (CASP) is a range of classes and groups focused on providing development opportunities for our clients as well as supporting their improved integration into the community. It is a creative outlet, a community, and an opportunity for clients to learn new skills.

The yoga and relaxation class runs weekly and provides an opportunity for our clients to learn breathing techniques to calm their bodies and minds, reduce stress and anxiety and learn strengthening and stretching techniques. This volunteer will alternate with the existing group volunteer each week to guide clients in gentle movements and breathing exercises while creating a welcoming and relaxing environment.

Main tasks and activities

* Teaching and guiding clients in yoga and relaxation techniques and skills;
* Using trauma-informed facilitation methods to create a safe and trusting environment;
* Communicating with the alternate yoga teacher to ensure best support for clients;
* Preparing and delivering yoga classes that cater to different levels of ability and confidence
* Adapting yoga classes to ensure they are safe and accessible for clients with physical injuries or difficulties
* Coordinating the clients and taking the register on a weekly basis;
* Setting up and packing away the yoga mats and other equipment before and after the session;
* Maintaining contact with the Community and Integration Manager and raising any issues or concerns relating to client safety and wellbeing.

Skills and experience needed

* Understanding of, and commitment to, the objectives of the Helen Bamber Foundation;
* A demonstrable empathy for our vulnerable clients, including asylum seekers, refugees and survivors of torture and trafficking;
* Yoga skills essential;
* Understanding of working in a Trauma Informed way (desirable)
* Experience of teaching or instructing people in yoga;
* Awareness of confidentiality and the importance of it in regard to our clients;
* Punctual, reliable and self-motivated with a positive, ’can-do’ attitude;
* Excellent communication and interpersonal skills;
* Demonstrable experience of facilitating independently.

What you will get out of the role

* A strong understanding of how HBF’s integration programmes contribute to the well-being of our clients;
* An appreciation of the processes and systems that asylum seekers and refugees deal with in the UK;
* Increased experience and confidence in teaching yoga and relaxation skills;
* Increased teamwork skills;
* An ability to multi-task between competing priorities.

Equal Opportunities

The Helen Bamber Foundation and Asylum Aid is an equal opportunities and Living Wage employer. We are committed to attracting and recruiting diverse candidates as we are keen to make sure that our staff, trustees, volunteers and ambassadors reflect the communities we serve and the wider community we work in at every level within the organisation. **We particularly welcome applications from those with BAME and migrant, refugee and asylum-seeking backgrounds.**

**Please note that successful candidates will be offered the volunteer position subject to an Enhanced DBS check.**

**Kindly note that due to the large number of applications we receive, we can unfortunately only respond to the people that make it to the interview stage.**

A three-month probationary period is in place for all volunteer roles across the Helen Bamber Foundation.