

Pre and Post Natal Yoga Instructor

Reports To: Fitness & Movement Manager

Per Class Wage: \$25-\$35 DOE

About the Northeast Community Center

The NECC is an independent non-profit community center and treasured neighborhood anchor in NE Portland. Located in the former NE Family YMCA facility, the NECC is a vibrant hub offering recreation, aquatics, fitness, wellness, and enrichment programs and activities for all ages. Valued by staff and participants for its welcoming intergenerational environment, the NECC strives to strengthen the fabric of our community by providing opportunities to stay active, socially connected, and physically/mentally/emotionally healthy.

The NECC is committed to building a diverse and inclusive staff that represents the neighborhoods we serve. We value the life experiences of BIPOC, LGBTQIA2S+, and individuals and communities who face systemic oppression and have experienced barriers to participation. Throughout all levels of the organization, staff find meaning in their work and are connected to participants. The NECC and the individuals who work here value learning, adapting, and growing.

Position Overview

The NECC is expanding our programming and looking to develop a new Pre and Post Natal yoga program. The Pre and Post Natal yoga and Movement classes are inclusive and support individual wellness and strengthen communities. Instructors are aware of racial and economic health disparities and are committed to furthering health equity in their role at the NECC. All Instructors create safe, inspiring, and inclusive group exercise classes, and may facilitate both in-person and online classes as assigned. Classes will support any gender identity and expression of the birthing parent, as well as the gender identity, expression, and relationship of the family and pregnancy support team participants. The program will run a specified number of weeks (6-8 weeks) and will consist of a cohort. Sessions will continue throughout the year.

Position Responsibilities

- Structure class to ensure safety for participants; create, demonstrate, and monitor modifications as necessary to best serve participant's physical and changing needs.
- Maintain class schedule; arrive in time to set up for class and end class on schedule.
- Exhibit a positive, professional, and helpful attitude; welcome and integrate participants into class and build a connected community-based group.
- Follow NECC's attendance, class tracking, and other administrative requirements.

Position Requirements

- Current CPR/First Aid/AED Certification or ability to obtain one upon hire.
- 200 hr. Yoga Certification OR experience as a Perinatal Provider such as midwife, doula, etc.
- 85 hr. Pre-Natal and Post-Natal Yoga and Movement Instructor Certification.
- Responsive communication and excellent customer service and time management skills.
- Commitment to further health equity.

- Encouraged but not required:
 - Bilingual (Spanish preferred).
 - Life experience as Black, Indigenous, or Person of Color, LGBTQIA2S+, or any persons identifying as a member of a marginalized community.

Position Details

- Compensation & Benefits: \$25-\$35 per class wage (depending on experience), accrued paid-time off, and complementary NECC Membership.
- This person in this position needs to be able to: move throughout the building, ascend/descend stairs, converse with students and colleagues in person, demonstrate movements for students, observe and correct student movements. Unfortunately, our building is not currently ADA accessible.
- 100% of staff at the NECC has received the Covid-19 vaccine. The person hired for this position will be required to be fully vaccinated or may request an approved accommodation.
- If selected, candidates will need to submit to a background check. Prior involvement with the justice system will not immediately disqualify a candidate.
- All NECC staff qualify as mandatory reporters of suspected abuse or neglect of children.

To Apply – Submit the following to jobs@necommunitycenter.org

- Your resume OR equivalently detailed description of your relevant qualifications and work experience
- We'd appreciate it if you could also include an email describing your interest in the position and connecting your experience to the role. Please let us hear your own voice, this is a great way for us to connect with you before interviewing!

Timeline: We are interested in developing this program quickly. Phone screeners will be followed by in-person interviews at the center, with the goal of the selected candidate starting in the summer 2025.