



Part-Time Dynamic Mindfulness Instructor

Niroga Institute is a registered nonprofit founded on the belief that personal transformation is essential for social transformation. For over 18 years, Niroga has been a leader in sharing trauma-informed, Dynamic Mindfulness (DMind) in schools, juvenile detention facilities, and beyond.

We are seeking passionate and proactive team players with a commitment to serve with empathy, promote equity, and empower communities with movement-based mindfulness. As a key member of the team, you will develop and implement strategies to increase impact (a) by teaching Dynamic Mindfulness in Niroga's TK-12 school partner sites; (b) by building and deepening relationships with stakeholders at partner sites.

Job Summary: Niroga's Dynamic Mindfulness Instructor will teach Dynamic Mindfulness in Niroga programs in assigned TK-12 schools and/or Juvenile Hall in Alameda County, Contra Costa County, and/or San Francisco County.

RESPONSIBILITIES

- Learn about the science and practice of Niroga's Dynamic Mindfulness (DMind) approach
- Confidently and effectively teach trauma-informed Dynamic Mindfulness (DMind) to individuals, small groups, and large groups of varying ages, including students from TK-12 and/or juvenile hall, and staff at partner sites
- Coordinate all aspects of program delivery at designated partner sites (e.g. teaching, training, coaching, providing support products, etc.)
- Develop, nurture and sustain relationships with leaders at partner sites
- Assist with participatory program evaluation to ensure program impact
- Support with other areas or sites as needed to maximize impact

QUALIFICATIONS

- Commitment to live mindfully and serve others with empathy/inclusivity
- Training in movement-based mindfulness and a consistent home practice
- Experience teaching or working with children, youth, and adults
- Effective and timely communication, and classroom management skills
- Reliability, attention to detail, and receptiveness to feedback
- Strong organization/time-management, and reliable transportation
- Flexibility and adaptability to meet school partner needs and schedules

Position 1 | After-School DMind Instructors

Classification: Hourly, non-exempt; ~6-13 hours per week; paid bi-monthly

Report to: Program Coordinator/Manager

Location: This is a hybrid position. This position primarily requires travel to school sites within San Francisco, and occasional work from home.

Time Period: February to June 2024 from ~3-6pm; 2-4 Days/Week within Monday-Friday

Pay Range: Starts at \$50/hour for teaching; \$19.00/hour for admin tasks

Benefits: Professional development opportunities

Position 2 | In-School DMind Instructors

Classification: Hourly, non-exempt; ~5-15 hours per week with seasonal variability; paid bi-monthly

Report to: Program Coordinator/Manager

Location: This is a hybrid position that primarily requires travel to sites within the Bay Area, and occasional work from home.

Start Date: January 2024 with a minimum commitment of 10 months; hours are generally within 8am - 3pm school hours

Pay Range: Starts at \$50/hour for teaching; \$19.00/hour for admin tasks

Benefits: Professional development opportunities

TO APPLY

Please specify days and times of availability, and which instructor position(s) you are applying for. Submit a thoughtful cover letter and your resume to joinus@niroga.org. Please include any expertise you have for working with specific age groups, special needs, TK-12 settings, and/or incarcerated youth.