

RADE Volunteer Yoga Teacher Required

RADE are seeking a volunteer yoga teacher to facilitate a 45 minute beginners yoga class with our group

Details:

Group size: 7-10 adults (Male and Female)

Time: 10.15am-11am

Days: flexible (Monday-Friday)

Location: RADE, OLV Building Cathedral View Court, Dublin 8

Additional details:

- Trainee teachers welcome
- Some awareness of a trauma informed approach to yoga facilitation is important

About RADE

RADE (Recovery through Art, Drama, Education) is an addiction recovery program based in Dublin 8. Our stated mission is to engage adults experiencing addiction with the arts and therapeutic supports. We provide a platform for their artistic expression through daily workshops in Drama, Dance, Film, Creative Writing, Art, Drama, Tai Chi, Relapse Prevention, and Yoga. We believe that participation in arts activities, particularly as a collective endeavour, encourages progression in other aspects of life such as employment, education and social integration.

See www.rade.ie for more info

Contact: karen@rade.ie or 0858260817/014548733



