



Philadelphia PA
Schoolmindfulness.org
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Job Descriptions For Educational Services:

I. Mindfulness Educator/Yoga Instructor for Phase I Teacher Immersion:

- **Qualifications:** This position will be filled by independent contractors who have completed an approved mindfulness education course and have completed a 200-hour adult yoga teacher training. Applicants must be practitioners of mindfulness in that they have their own daily mindfulness practice and preferably will have three years experience teaching yoga and mindfulness to adults. A teaching or counseling degree is preferred, but not required.
- **Job description:** Appropriate candidates will teach 6-week sessions of mindfulness and mindful movements or yoga to all school staff in an assigned school. Classes will take place during school hours or after school hours and will be held on site in the school. These classes are designed to introduce schoolteachers to mindfulness and mindful movements as a means of supporting them in their work and as a predecessor to the Mindful Teacher Education. Candidates may teach more than one 6-week session per semester depending upon their schedule and capabilities.
- **Hours:** One hour per week for 6 weeks at each school, plus classroom preparation time.
- **Compensation:** Commensurate with experience and in accordance with amounts allocated in the SMP budget.

**2. Phase 2: Mindful Student Training,
Phase 3: Mindful Teacher Education,
Phase 4: Integration Support.**

- **Qualifications:** This position will be filled by independent contractors who have completed an approved mindfulness education course with special focus teaching mindfulness to children, are practitioners of mindfulness (having their own daily practice) and who have 3 years experience teaching mindfulness and mindful movements to children and adults. Some yoga or movement training required. An RCYT certification or RCYT eligibility is preferred but not required. A master's degree in education teaching or counseling is preferred, but not required.
- **Job description:** Appropriate candidates will be assigned to one school per semester to provide:
 - **Phase 2: Mindful Student Training:** The SMP 12 week series of mindfulness and mindful movement education to all students in all classrooms in an assigned school. Classes will take place during school hours and in student classrooms with students seated at their desks. These classes are thirty minutes each and designed to provide students with a foundation in mindfulness and mindful movement education and will be observed by classroom teachers. Phase 2 hours will vary depending upon the number of classrooms in a given school, but can be expected to be between 12-18 hours per week for a 12-week period of time. Applicants should allow a minimum of one to two hour preparation time for each class taught. **Hours: 12-18 hours per week, plus classroom preparation time.**
 - **Phase 3: Mindful Teacher Education:** The SMP 9 week Mindful Teacher Education training which will be taught to all school staff at one time for one hour per week for 9 weeks for a total of 9 hours. Classes are held on site in the school and will require varied amounts of time for classroom preparation. **Hours: 9 on site at school plus prep time.**
 - **Phase 4: Integration Training:** Assistance to schoolteachers as they integrate the curriculum post-training. This will require on-site observation and assistance to school staff for four hours per week for up to 16 hours per school. **Hours: 4-16**
- **Compensation:** Commensurate with experience and in accordance with amounts allocated in the SMP budget.

3. Children's Yoga Instructor for Optional Phase 5 of training:

- **Qualifications:** This position will be filled by independent contractors who have completed a 95-hour Yoga Alliance accredited children's teacher training and are RCYT eligible or registered RCYT's. Two years experience teaching yoga and mindfulness to children is preferred, but not mandatory. Experience teaching or working with children is preferred, but not mandatory.
- **Job Description:** Appropriate candidates will be assigned to a specified school where they will teach a weekly yoga classes to each classroom in the school. **Hours** can range from 6-20 hours per week depending upon the size of the school and depending upon whether one or two SMP yoga teachers are assigned to the school.
- **Compensation:** Commensurate with experience and in accordance with amounts allocated in the SMP budget.