

Regional Yoga Coordinator Specification – 2025

	Essential	Desirable
Skills and qualifications	200 hr yoga teacher training qualification Ability to adapt and deliver yoga and meditation for beginner level and vulnerable groups	500 hr yoga teaching qualification or additional training PPT/BWY Teaching Yoga in Prison qualification Trauma informed yoga teacher training qualification
	A commitment to a daily practice of silent, breath-based meditation and ability to verbalise the experience	Meditation teaching experience / qualification Sensitivity to spiritual practices of all faiths and none
	Good IT skills & general admin skills	Knowledge of MS Access databases
	Excellent admin and record keeping skills	Experience of MS 365 sharepoint system
	Ability to write reports, emails with clarity	Knowledge or experience of UK prison system
	Use of own car for travel to regional workshops and meetings	
	Good verbal communication skills	Counselling, therapeutic, educational or prison experience
Work experience	Extensive yoga teaching experience, at least 2 years.	Experience teaching yoga and meditation to prisoners or other marginalised groups
	Good communicator and experience with working in teams	The confidence to address groups, speak to governors and heads of department
	Administrative, organisational experience. Ability to keep on top of emails, calls and manage time efficiently.	Experience of remote working
Personal qualities	Robust, adaptable, optimistic and generous personality	Interest in personal development
	Ability to work on own initiative and as team member and give clear guidance. Confidence in remote working ability.	

Working needs	Inner calm	Personal daily meditation practice
	Personal yoga and meditation practice	
	Flexible, tolerant, discreet working style	
	To share the common values of the Trust	
	Commitment to the Trust's aims and approach to spirituality	

January 2025