



Call for Volunteer Yoga Teachers:

Sheep Creek Yoga Collective Karma Initiative offers yoga classes to the youth participants at Cornerstone Youth Centre.

Who and what is Cornerstone Youth Centre?

Cornerstone Youth Centre is a Social Venture, non-profit, non-denominational charitable organization. Offering daily drop in programming for youth grades 6-9 living in the North East of Calgary. Designed to teach life skills and developmental assets in order to inspire and prepare youth for a successful life. Intending to teach youth the tools to handle life's tricky situations before they are forced to deal with them.

Sheep Creek Yoga Collective Karma Committee has been recruiting volunteer teachers to facilitate hourly yoga sessions once a week in the critical after school hours for the past year with amazingly heart-warming results.

Volunteer yoga teachers have expressed positive feedback from the teaching experience and the connection with the youth.

Without the volunteer yoga teachers visiting Cornerstone youth , it is most probable that these youngsters would not ever have the incredible experience of learning to breath and be calm, sit quietly and contemplate, experiment with asanas or interact with a role model that is a yoga teacher .

If this opportunity interests you please complete the simple form below, and return to **communications@sheepcreekyoga.com**

Name.....

Contact Information -phone / email

Gender.....

Certified Yoga Teacher. Yes No

Experience working with youth (not necessarily as a yoga teacher in any capacity.) Please explain briefly. Experience is not a requirement.

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Availability, days of the week Monday to Friday after 3PM (Cornerstone opens after school and is closed weekends and public holidays)

Mon. Tues. Wed. Thurs. Fri.

All teachers interested will be contacted by a member of Sheep Creek Yoga Collective Charity Liasion Committee to chat further and offer orientation prior to volunteering.

Thank you for your interest and generosity of your time. Namaste, with gratitude.