



Chair Yoga Instructor Position Description

Position Title: Chair Yoga Instructor

Organization: SSUC (Spiritual Seekers United in Community/Southminster-Steinhauer United Church), 10740-19 Ave, NW, Edmonton.

Position Type: Part time contract; 2 hours per week.

Position Summary

The Chair Yoga Instructor leads safe, inclusive, no-cost chair-based yoga classes designed for people with arthritis, low mobility, chronic conditions, financial barriers, and those seeking a socially safe and affirming movement space

Classes run twice weekly for one hour, May 2026-March 2027 – days and times to be determined when instructor is chosen.

About SSUC

Spiritual Seekers United in Community (SSUC) is a unique spiritual community, located in south Edmonton: an expansive spiritual community with a focus on exploring broad wisdom for spiritual depth and health. SSUC welcomes all spiritual seekers that share a commitment to core values: celebrating diversity, engaging life with spiritual depth, inspiring compassion and connection, making a meaningful difference, and building wisdom and resilience.

Key Responsibilities

- Guiding participants in chair yoga poses; reminding participants of modifications for certain injuries and/or limitations.
- Contribute to a welcoming environment that intentionally counters ageism, ableism, homophobia, transphobia, racism, classism and body shaming, all of which are often experienced in public exercise spaces.
- Integrate brief arthritis-related education into classes when appropriate, supporting the program's goal to represent the Arthritis Society of Canada as primary funder of this program.

Safety & Accessibility

- Uphold SSUC's commitment to being a safe space for 2SLGBTQIA+ people, racialized individuals, seniors, and those facing social barriers.
- Encourage participants to complete the feedback form after each class and program overall. Remind participants that this class is available for free due to funding from the Arthritis Society of Canada.
- Ensure all activities follow SSUC's public-health precautions, including mask availability, sanitizing shared equipment, and encouraging participants to stay home when ill.

Administration & Collaboration

- Work with program organizers , communicating and coordinating space setup, equipment needs, and scheduling.
- Support evaluation efforts by offering observations related to participant engagement, accessibility, and empowerment

Requirements

- Certification as a yoga instructor (minimum 500 hours of training through the Yoga Association of Alberta or equivalent accreditation).
- Demonstrated experience teaching chair yoga, and gentle yoga.
- Experience working with seniors, disabled participants, or people with chronic pain.
- Strong communication skills and comfort supporting diverse communities, including 2SLGBTQIA+, Indigenous participants and low-income individuals.

Compensation

38 week part-time contract, \$3040-\$3800. The program runs from May 2026 to April 2027, Estimated 2 hours per week, with a break in August and December. Exact details of the contract to be negotiated with the successful candidate.

How to Apply & Commitment to Equitable Hiring

Please send an email, quoting the job title, to info@ssucedmonton.com by **April 17, 2026**, and include a description of your qualifications and/or a resume.

Spiritual Seekers United in Community is committed to the principles of equity and diversity and encourages applications from all qualified persons, regardless of gender, gender expression, sexuality, physical ability, tradition, or culture.