Volunteer Role Description
Volunteer Job Title: Volunteer Yoga Facilitator

Fife House is an innovative, client-focused provider of secure and supportive affordable housing and services for people living with HIV/AIDS in the greater Toronto Area. Fife House currently had approximately 110 staff working across 6 locations.

Fife House understands that historically marginalized groups in our communities often encounter barriers to full access and participation. We, therefore, commit to actively dismantling all forms of racism and systemic oppression with GIPA/MIPA at the forefront. As a settler agency, Fife House stands in solidarity with Indigenous and Black Peoples across Turtle Island and recognizes the role we have in the work of reconciliation and healing.

Volunteer Title: Volunteer Yoga Facilitator
Department: Programs and Operations
Location: Residential Programs
Volunteer Days and Hours:

- 1hr Shifts (Twice weekly or bi-weekly)
- Flexible scheduling depending on volunteer and client availability.

Commitment required: At least 6 months
Reports to: Programs Manager

Description of Volunteer Position:
The *Volunteer Yoga Facilitator* will lead light yoga sessions for small groups of residents, promoting physical wellness, relaxation, and mental well-being. This role supports residents in improving flexibility, strength, balance, and stress management in a safe and encouraging environment.

Duties and Responsibilities

- Plan and lead light yoga sessions (typically 30-60 minutes) tailored to the needs of the residents
- Ensure exercises are safe and appropriate
- Create a welcoming, positive, and inclusive atmosphere
- Encourage participation while respecting individual limits
- Provide guidance on proper techniques and breathing exercises
- Maintain open communication with the Program Manager regarding resident needs or safety concerns

Skills and Qualifications required:

- Training or certification in yoga instruction preferred
- Knowledge of adaptive yoga practices for older adults or people with mobility limitations
- Ability to modify poses and routines to suit varying abilities
- Understanding of boundaries and the importance of client confidentiality
- Good communication and interpersonal skills
- Patience and empathy

How to Apply:

Interested candidates should apply by completing the Online Volunteer Application Form, which can be found at https://www.fifehouse.org/volunteer-application-form.

For any questions, please email us at volunteer@fifehouse.org

Fife House is an equal opportunity organization that welcomes and serves members of all communities and backgrounds. We warmly serve and support members of all 2SLGBTQ+ communities, as well as First Nations, Inuit and Métis peoples. We also warmly welcome volunteers from these communities to join us in our work. We are dedicated to creating a diverse, inclusive, and respectful environment where everyone feels valued and supported.

In line with these values, Fife House is committed to upholding the principles of equity, diversity, and inclusion in both our living and work environments. We seek volunteers who will work respectfully and constructively with differences and across levels of power, helping us build a welcoming space for all.