



Job Opportunity: Yoga Instructor

Mardyke Arena UCC

Mardyke Arena UCC is seeking a qualified and experienced Yoga Instructor to join our Health & Fitness Team. The successful candidate will deliver safe, engaging, and inclusive yoga classes for members of all abilities. This role supports the Arena's commitment to promoting physical well-being, stress relief, improved mobility, and mindfulness within a positive and welcoming environment.

Key Responsibilities

- Plan, deliver, and lead group yoga classes suitable for beginner to advanced participants.
- Demonstrate and instruct safe, correct form for poses, breathing techniques, and relaxation practices.
- Adapt exercises to individual needs, including injuries, mobility challenges, and varying experience levels.
- Maintain a safe, positive, and inclusive class atmosphere.
- Arrive prepared, punctual, and assist with studio set-up and close-down as required.
- Provide guidance on proper posture, alignment, and modifications.
- Motivate participants and encourage regular attendance and continued participation.
- Promote mindfulness, stress management, and holistic wellness principles.
- Maintain professional certifications and stay up to date with current yoga trends and best practice.
- Communicate effectively with management and report any incidents, concerns, or equipment issues.

Qualifications & Experience

Essential:

- Recognised Yoga Teaching Qualification (minimum 200 hours).

- Experience teaching group yoga classes.
- Strong knowledge of anatomy, alignment, and safe practice principles.
- Excellent communication and interpersonal skills.
- **Class Times**
- **Classes available: Morning and Evening**

Please send your Applications by 16th December to Gym Manager Claire Murphy at claire.murphy@ucc.ie.