



## **MRY Class Development Specialist**

**Reports to:** Chief Operating Officer

**Collaborates:** Mindful Resilience Yoga Class Specialist

**Position:** Volunteer

### **Description:**

The MRY Class Development Specialist has the flexibility to work at their own pace, focusing on identifying new locations to introduce Mindful Resilience Yoga classes. Their primary objective is to expand VYP's class offerings and assist yoga teachers in finding suitable teaching opportunities within areas where instructors are already present.

### **Essential Duties and Responsibilities:**

1. Research Veteran Service Organizations (VSOs) to identify locations open to hosting yoga and meditation classes for teachers seeking opportunities.
2. Stay informed on Whole Health system updates related to yoga class programs.
3. Explore funding opportunities for holistic approaches within the VA Healthcare system that could benefit VYP.
4. Monitor emerging trends and benefits for Veterans, aiming to foster new collaborations that create teaching opportunities for Teachers Alliance members.

### **Requirements:**

1. Strong understanding of MRT, MRY, and VYP processes
2. Data-oriented mindset
3. Critical thinking skills
4. Collaboration and teamwork orientation
5. Organizational skills
6. Effective presentation abilities
7. Project management expertise

# VETERANS YOGA PROJECT

Mindful Resilience 

## **Time Commitment:**

After a training period, this position is estimated to take **5 to 10 hours per week**. A one year commitment is requested.

## **How to apply:**

Please complete a volunteer interest form at <https://veteransyogaproject.org/volunteers/>