

trüFORMAT™

Yoga Instructor (Contractor)

New York, NY // Hudson Valley, NY // Philadelphia, PA // Denver, CO

At trüFORMAT, we believe that heightened self-awareness leads to personal system health, that intentional movement shapes brain and body, and that accountability drives productivity. It is our mission to make movement matter. To do this, we design for the brain – our command center and the place of origin for all movement in the body.

The patented trüFORMAT Scorpion mat is our tool for harnessing agency and the power of our brains. It is a distinctive, proprietary visual system that engages the brain while moving the body. The Scorpion encourages deliberate body placement in all mat, wall, or floor-based movement practices.

We are looking for movement instructors who embrace this philosophy to join our team. Together, and with our clients, we make movement matter.

Duties & Responsibilities

Class Instruction

- Instructs clients during 60 to 75-minute yoga sessions, delivering the standard trüFORMAT class sequence using the trüFORMAT Scorpion mat system
- Communicates clearly and succinctly to guide full effort and maximum engagement by the client, highlighting the Scorpion mat as a tool for full brain and body workout
- Educates clients on form and alignment, providing instruction and modifications for beginner through advanced participants
- Highly aware and observant of class participants' state of mind, energy levels, attention, focus and safety

Class Preparation

- Possesses complete knowledge and ability to effectively discuss, explain, compare/contrast different movement styles (yoga, Pilates, tai chi, etc.)
- Can succinctly explain why each posture is included in the class sequence, including the benefits of each posture and its placement in the sequence
- Demonstrates punctuality; arrives 20 minutes prior to the start of class and completes class on-time

Client Service

- Attentively listens to clients, answers questions, and engages in conversation before and after classes
- Assists with mat set-up and cleanup, as needed

Experience & Qualifications

- 3-5 years teaching yoga
- Excellent verbal and written communications skills; demonstrates integrity

Licenses / Certifications / Registrations

- CPR/AED certification required
- 200-hour level (RYT-200) or equivalent experience required

Interview Process

- Complete an in-person class audition using the trüFORMAT Scorpion mat
- Attend at least 1 trüFORMAT demo class led by Director of Education, Gordon Carpenter